

RICE COOKING

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Rice Cooking

by

ROBIN HOWE



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INTRODUCTION

RICE

Rice cakes are best made by the rice-cake maker.

—JAPANESE PROVERB

Each man to his own trade.

There is romance, legend and history behind the cereal we call rice, the staple food of more than half the world's population.

Although it is generally accepted that rice is south India's gift to the world, brought to Europe by the armies of Alexander the Great, both the Chinese and the Indians have records of rice cultivation going back five thousand years. That is a long time. Some of the first Indian tales tell of mounds of rice as 'large as hillocks' being prepared for sacrificial ceremonies.

Oryza sativa, the botanical name for rice, is derived via the Greek from the Tamil word *arisi*, which means 'rice deprived of husks'. According to the botanist Roxburgh, a wild rice still grows in India, which is identical with the original rice plant. Certainly there appears to be little difference between the planting and harvesting of rice in those early days and today.

There are, I am told, seven thousand different varieties of rice, each differing slightly from field to field, as wine does from vineyard to vineyard. Others place the number of varieties at a mere four thousand. But these differences, although important to the rice grower and expert, seldom enter into the calculations of the Western rice

eater. In the East the buying of rice is almost a sacred ceremony, like the tasting of wine or tea. It is tested by its aroma. The buyer takes a handful of rice and closes his hand over it. He warms it by breathing through the hole between the thumb and the first finger. Then he opens his hand and sniffs: 'Ah,' he says ecstatically, 'Burma 1955,' or 'Thai 1956,' as the case may be.

While rice is growing in the fields and is still unhusked it is called paddy, and a field of ripening paddy is one of the loveliest sights of the East. Fringed with graceful coconut trees, the paddy fields never fail to produce their annual crop of photographs; for, like apple blossom in spring or falling leaves in autumn, the paddy fields are highly photogenic.

I stayed briefly in a house in Kerala, which was completely surrounded by flooded paddy fields. We were high upon a hill, and, like Noah's Ark, all around us was a vast quivering lake. Away in the distance men were paddling their long snake boats and, more immediately below, the peasants were working their ploughs. We could see only the head and shoulders of the men and the black snout of the buffalo. In between, but unseen, the primitive but effective plough turned over the mire below.

But, with the swiftness of tropical life, the waters soon subside and green shoots spring up to produce a 'lawn' as bright and as lovely as the green of the Emerald Isle. And just as swiftly comes the day when the ripe ears are ready for harvesting and the paddy fields ripple like corn in the breeze.

Rice is a semi-aquatic plant that likes plenty of water. It can be divided into 'lowland' or wet rice, and 'dryland'

or dry rice, and the former gives the better yield. Rice can be sown from seed, or from seedlings brought from the breeding grounds. This latter is the Japanese method, considered the better, and it is gradually superseding the old seed sowing.

The seedlings are transplanted when they are about twelve inches high and thirty days old. The work of transplanting is done by hand, mostly by women who walk knee-deep in the mire gently placing the little bundles of seedlings into holes which have been spaced out at regular intervals in the puddled fields. As they work they sing songs of planting, of life and death. The Japanese women sing rice planting ballads set to sacred Shinto music.

Rice and Japan are inseparable. Rice appears three times daily in Japanese homes and has a prominent position on all festive tables. Daikoku, the Japanese god of luck, is shown seated on two bales of rice, so rich that he takes no heed of the rats gnawing at the corners.

Rice brings luck, longevity and prosperity. An important feature of the Japanese New Year festivities is a rice soup with seven early herbs and *mochi*, small rice cakes. People drink wine, and sing merrily:

*'Oh, the New Year is grand,
You can eat rice like snow,
You can drink wine like oil,
Oh, the New Year is grand.'*

And the wine they drink, *sake*, is a rice wine, served hot, with due ceremony, and tasting like a type of Sauterne.

Although the Japanese eat so much rice, they have few complete rice dishes. They usually serve it, plainly boiled, in a porcelain rice bowl. Children are encouraged to eat every morsel, and at the end of a meal any food that is left in the small individual lacquer bowls or boxes is put into the rice bowl and eaten. Even the remaining tea is poured into the rice bowl, swished round with a chopstick, and drunk as one would a consommé. On the Emperor's birthday, *Sekihan*, a dish of rice and red beans is prepared. And rice with chestnuts is a feature of the autumnal celebrations.

China has more adaptable rice dishes and, reputedly, several hundred ways of actually boiling rice. The most famous Chinese rice dish is fried rice—but they also have many other delicious rice dishes which can only be prepared in rice-growing lands, because not all varieties of rice are exportable. Among the Chinese people there are innumerable rice superstitions. Children are told that if they do not eat every grain of rice a pock-mark for each grain left will appear on the faces of their future spouses. To upset a rice bowl foretells bad luck, and there can be no greater insult and calamity than an intruder seizing a bowl of rice and dashing it to the ground.

There is a Chinese story that many centuries ago a flock of crocodiles (does one have a flock of crocodiles I wonder?) collected in a river and refused to go until they had been given a meal of *Cheung*, a favourite Chinese sweet consisting of rice, lotus leaves and water chestnuts, wrapped in plaited bamboo leaves. Ever since, to commemorate this occasion, the Chinese eat *Cheung* on 'Dragon Day'. And for New Year, puffed rice mixed

with sugar-syrup and roasted peanuts is a favourite sweet.

The function of rice in the East is that of an important main dish to which must be added a vast number of side dishes, the more the merrier. In Thailand you are asked 'Come and eat rice' when invited to a meal, and the side dishes are called collectively 'With the rice'—a fact which makes life difficult for the seeker after recipes.

Indonesia is famous for its *Rijstaffel*, a Dutch version of the local *nasi-gerar*, which means rice with innumerable side dishes. Mecca of the rijstaffellers is the Hotel des Indes in Jakarta, famous for many years for its super presentation of this enormous meal. First comes the head waiter carrying a huge bowl of steaming rice, followed by a long line of 'Boys', white-robed, bare-footed, each carrying—like choirboys holding hymn books—a bowl containing spicy foods. The rice is almost shovelled into a mound in old-fashioned soup plates, and the diner quickly makes a well in the middle to take the ever increasing side dishes. It is usual to take from every dish, and the wise diner takes little more than a garnish of each. This Sunday rijstaffel matches the rice and curry of the old-time British resident in India, and the *Mah Mee* of the British in Singapore.

But it is in the harvesting that the real romance of rice begins. In Bali, for example, where much of the rice planting is communal, holy water is sprinkled over the fields and oxen races are run to entertain the spirits and offer them presents.

In most parts of Melanesia rice rituals are much the same. When the grain begins to 'head' it is pregnant and

this calls for a ceremony similar to that performed for a pregnant woman. At harvest time certain rites are performed to ensure that the crop will yield all that it can. There are acts of joy, such as feasting and cockfighting. But equally important is the sheaf of freshly gathered paddy that is dressed as a woman. This becomes the 'Rice Mother', and with much ceremony 'she' is installed in a rice granary.

A specially chosen spot in the paddy field is hallowed and dedicated to the Rice Mother. Here she may be given gifts, but only by the hand of an old, old woman. Among the gifts are small pieces of areca-nut which will keep away evil spirits. When the crop is ready for harvesting the old lady goes once again to the hallowed spot and cuts a small portion of the rice with a crescent-shaped knife (which must be taken home before dark otherwise it might vanish into thin air). This small portion becomes part of the seed for next season's crop. When the old lady has finished, the magician solemnly chews betel-nut which he spews out in a red stream round the field. While these ceremonies take place not a word may be uttered.

In some districts whole villages are taboo for six days prior to the gathering in of the crop. Seven stalks of rice are cut and tied in a bundle. This represents the 'soul' of the rice and incense is burnt before it. When the crop is harvested, baskets filled with new rice are placed on the ground surrounding the 'soul' and again incense is burnt. This rice, now sanctified, is the seed for the next planting. And the 'soul' is handled with as much care as a mother fondles her first-born.

Such rice ceremonies are numerous and are held throughout the rice-growing countries. In India rice forms a part of the Hindu religion. It is offered to the gods at the birth of a child; it is thrown at weddings for luck and prosperity (as in the West); and at funerals it is sometimes scattered on the ground to help the dead man in the other world and ensure his entry into heaven. In all religious ceremonies little heaps of rice are to be found, sometimes sent in little bags from one end of the country to the other, if it comes from a specially hallowed temple.

Probably one of the most interesting festivals held in southern India is *Pongal*, the traditional time for which is January. *Pongal* actually means 'boiling', and for the ceremony elaborate preparations are made. All the villagers are up long before dawn to bathe early, put on their best clothes, and smear their foreheads with an auspicious paste made from a mixture of fresh sandalwood and saffron.

The floor is swept and scrubbed and, at a chosen spot, the ladies of the house design with their fingers a traditional floor decoration in fine white rice flour. Then they light the big bronze lamp, shaped like a lotus petal, and this polished and glittering lamp represents God. Around it are placed pieces of sugar-cane, plantain (a type of banana), and grated coconut. But pride of place goes to the new vessel in which has been boiled rice from the new harvest.

The rice harvest is first dedicated to the burning symbol of the Eternal Spirit amidst the chanting of sacred verses and singing of devotional songs. Thanks

are given for the new rice crop and prayers are offered for further favours in the coming season. Then the family ceremoniously sit down to eat the devotional offerings.

There are other such ceremonies: the feast of Chit-teram, or the 'picturesque rice', is another. Here large leaves from the banana tree are laid ceremoniously upon the floor, with salt, boiled rice and eleven side dishes placed in traditional order. The place of honour, just above the boiled rice, is filled by dishes of 'picturesque rice'. Some housewives serve as many as five or more: rice with onions, with coconut, sesame seeds, tamarind, pomegranate or turmeric—the latter is almost always associated with religious festivals in India.

That so much attention is paid to rice in the religion of the people is easy to understand when it is remembered that famine is the result of a rice crop failure—and famine is an ugly thing.

In Bengal, even the townspeople celebrate the *Navanna* and buy new rice from the market to observe the harvest festival.

The paddy fields in Indonesia are gaily decorated with bamboo fronds and long thin strips of white paper which flutter in the breeze. Offerings of coconut and betel-nut, flowers, and even articles of women's clothing, are put before the shrine of the rice goddess. Prayers are offered and incense burned before the first rice is harvested, and a few stalks are placed in the small shrine or 'spirit house'. Two sheaves of rice are tied neatly together and made into 'dolls' to represent father and mother. These are rubbed with a bright yellow paste and are also placed in the shrine, after which the workers return to a large

feast, the main dish of which consists of rice. After this the crop is ready for harvesting.

And so it goes on. Other people form processions when the rice is ready to be taken to the granary, and escort it with music and dancing. Wearing grotesque masks, they carry with them a 'bridal pair' in a decorated palanquin, and behind them come the peasants carrying sheaves of rice across their shoulders. The 'bridal pair' are installed in the granary with as much amusement and raucous laughter as befits a true bridal couple. The crop is stored, the granary closed until the proper time to use the crop comes, when it must be handled according to a strict code.

In Sumatra, where there are many Moslems, the rice is placed in sacks before being put away for storage. As thieves frequently steal from these sacks by making small holes in the corners to let out the rice, the owners protect their crops with charms containing whole passages from the Holy Koran, or with bits of auspicious roots and charm stones. And, most important, is a gift for the spirit of the granary, without which the rice will certainly disappear.

Wherever rice is grown in the East there are such ceremonies. They are simple, but mean much to the peasants taking part in them. Magic is all-important, and to the simple peasant rice must have magical qualities for it spells the difference between life and death.

HOW TO BOIL RICE

Be careful not to let the rice turn into a porridge.

—INDONESIAN PROVERB

That even expert rice cooks such as the Indonesians are afraid of turning their rice into a porridge is consoling for those of us who have suffered this embarrassing experience.

Before I began travelling in the rice-growing and eating countries I had decided opinions on how to cook rice. I would dribble it into boiling, slightly salted water, and let it boil until it literally danced. I neither washed nor rinsed it under cold running water—I had learnt my rice cooking from an Italian cook. Usually my efforts proved successful, but there were those occasions when they turned it into a sad, sorry and soggy mass. I had more to learn, I discovered, on the quality and type of rice.

Then I lived in Turkey where I learnt to make pilau by first frying the rice and then adding boiling water. Gradually as my wanderings in the East were extended I learned more and more about rice. But every rice expert had a different story. I was a most confused cook until I realized that roughly one thousand million people eat rice daily. Therefore, I reasoned, there must be hundreds of different ways of boiling it.

I cannot give you hundreds of different ways of boiling rice, but I have given what I think are the principal and more usual methods—the way of the Indian, the Arab, the Japanese, the Chinese, the Italian, the Persian, and

the Filipino, in whose country you are asked, 'Will you take bread or rice with your meal?'

To wash or not to wash rice? An Italian cook considers that to wash rice is plain madness, and to rinse it after cooking, imbecile. The mere thought of it makes her speechless—and it takes much to make an Italian speechless. But, on the other hand, the Persians, with their superb *pelo*, not only wash their rice until the water runs clean, but soak it overnight as well.

In my recipes I have kept faithfully to the original instructions. Some recipes say wash well, others not at all. The best method for the cook is: know your rice, try different methods, and see which suits that particular kind of rice. Then go ahead.

The Oriental has a wide choice when buying rice. Usually he buys it by the sack and he can tell by the feel of it, as he runs it through his hands, by its aroma and place of origin, just what he is buying. He then cooks the rice by his established method. If this fails he tries another equally established method until he is quite content. Usually this means he tries two or three times, never more. He is too expert.

We do not have this choice, and in this lies our particular problem. I advise buying not just one pound but two or three, and if one method fails do as the Oriental cook does, try another method. Once you have found the rice and the method you are well set for a vast variety of good rice dishes.

Usually it is possible to buy Patna rice. This is not actually a variety or grade at all, but a mixture of Indian long-grained rice. The best Indian rice is the Basmati,

but this again is called Dehra Dun rice in Delhi, and Delhi rice in Bombay. Patna rice is the best for pilaus and most savoury dishes.

Similarly, if Italian rice is available use this for risottos and paella, and Carolina rice for sweet dishes. And buy your rice in a store where the assistants really know what they are selling and can give you the correct advice or tell you something of its antecedents.

You might wonder why so many millions make rice their staple food. Apart from being a food in itself, it marries so well with almost every other kind of food—with fish, with meat, with vegetables and with spices. It is the bread and the potato of the Orient. It is easy to cook, requires only a pot and one burner—cooking apparatus is simple in the East. It is seldom expensive, either in its country of origin or in England. With rice you can produce a good informal dish—which nevertheless has an air of simple elegance and exotic interest. Furthermore, you can ring the changes far more often with rice than with almost any other one ingredient.

One last point. Should you buy white or brown rice? For those of us whose normal diet is good, the white polished rice is excellent even though it has lost most of its vitamins in being milled and polished to become white. Most Europeans, and for that matter Easterners too, prefer white rice. Brown rice has far more vitamins. Its flavour is slightly nutty and it is the natural rice with only the coarse outer husk removed.

Wild rice, which is an American speciality, is not truly rice at all. It is a grass which grows like rice in plenty of water and comes mainly from the regions around Min-

nesota. It also has a nutty flavour, is brown when raw and has a faintly purplish colour when cooked. It is much used with game birds, but my American friends tell me it is the most expensive rice in the world.

And for those who consider their figures, rice may be chock-a-block with carbohydrates, but rice eaters are positively never fat.

I

BOILED RICE

AMERICA

1 *lb long grain rice*

2 *teaspoons salt*

3 *cups hot water*

Wash the rice three or four times in different waters. Drain well, and put into a pan with the hot water and salt. Cover the pan, bring the water quickly to the boil, lower the heat and simmer the rice for 25-45 minutes. It should be puffed out and dry—and the difference in time depends entirely on the quality of the rice. While the rice is cooking it should neither be uncovered nor stirred. When the rice is cooked, take from the heat and leave in the pan, still covered, for another 20 minutes.

CHINA

I begin to think there are almost as many different ways of boiling rice Chinese style as there are Chinese people, and every child knows that a Chinese baby is born every time we breathe. How can I give the correct way in which to boil Chinese rice? One Chinese cook says never, never stir the rice, and never, never peep into the pan. Another declares when cooking oval grained rice, which is the preferred Chinese rice, stir it frequently to avoid sticking—which most certainly allows for peeping. So where are we?

The general rule with Chinese rice cooking is that the water should be about one inch above the level of the rice.

Put the rice with its water, and no salt, over a high flame and bring to the boil. Let it boil for 5 minutes, by which time most of the water will have disappeared. Lower the heat to simmering, cover the pan tightly, and leave over the simmering heat for another 20 minutes. By this time all the water will have disappeared, and each grain will be dry and tender. Stir the rice at least once while it is simmering.

If more water is used a softer rice is produced.

Important to the Chinese when cooking rice are the utensils. A rice pot made from a combination of brass and copper is considered perfect. If you cannot measure one inch above the rice, use one cup of rice to two cups of water. And whether the rice is put into boiling or cold water makes no difference.

CREOLE

Wash two cups of rice. Drain and then cook rapidly for 5 minutes in boiling salted water. Turn into a colander and pour over it four cups of warm water. This is to remove any excess starch. Put into a casserole and bake in a moderate oven for 20-30 minutes.

GERMANY

This is not German in the sense that all Germans cook their rice in this way. I do not think that the Germans excel in rice cooking. This recipe comes from Germany via an old German cook book. It asserts that it is the

Indian method of cooking rice, but which type of Indian the writer failed to say. As the recipe is for Carolina rice, one may assume Red Indian. But I include it in the list for interest's sake—and actually the method does work.

Put as much Carolina rice as required into a white cloth and tie it tightly at the top, but allow sufficient room for the rice to expand. Three-quarters fill a large pan with water, add a little salt, and bring to the boil. Hang the rice in the cloth on a stick placed across the top of the pan. Cover and cook for 25 minutes. Undo the cloth, turn out the rice into a sieve, shake until dry, and place for a few moments in a warm oven.

HAITI

<i>1 lb rice</i>	<i>2 tablespoons olive oil</i>
<i>5 cups boiling salted water</i>	<i>2 tablespoons melted butter</i>

Wash the rice until the water runs clear. Pour the water into a saucepan and let it come once more to the boil. Add the oil, then the rice, and cook rapidly for 15 minutes. Drain and rinse in tepid water. Add the melted butter, put the rice into a casserole and leave in a warm oven until it is dry.

HOLLAND

Dutch housewives have a heritage of rice cooking from their erstwhile Eastern colonies. The rice is washed again

and again with real Dutch thoroughness—better no vitamins than dirt—and when the water in which the rice has been washed is finally clear, the rice is put into a large saucepan with double its quantity of cold water. This is brought quickly to the boil, then the heat is lowered and the rice left to simmer for 20 minutes—the pan covered all the while. The lid is then removed and the rice left another 10 minutes to allow the moisture to evaporate.

Accurate timing is necessary, in the opinion of most Dutch housewives, if the grains are to be separate.

INDIA

With a population of over 380 millions it is hard to generalize about anything, even rice cooking. However, the following method is fairly general—although I have seen cooks putting rice into cold water, bringing it to the boil and letting it cook for 15–20 minutes with a perfect result.

Wash the rice at least four times and soak in cold water for an hour or more. Drain quite free of water. Three-quarters fill a pan with water, bring it to the boil and throw in the rice. Half-cover the pan and let the rice cook so quickly that the water almost boils over. Stir the rice from time to time. In 15 minutes it is usually cooked, soft and with each grain separate. Take the pan from the fire, drain off the water, throw several cups of cold water over it, drain it again, then put into an oven to dry.

Actually few Indians have ovens, and in order to

produce the same result they cover the lid of the pan with hot charcoal.

IRAN

2 lb rice

4 oz butter

4 tablespoons salt

Wash the rice three times in cold water and leave it to soak overnight in cold salted water.

Next day cook rapidly in plenty of boiling water for exactly 10 minutes.

Rinse the rice in a sieve in tepid water.

Put the butter into a saucepan with one breakfast cupful of cold water. Bring to the boil. Remove half the butter-water, add the rice and let it cook quickly for 1 minute over a good heat, until some of the rice has stuck to the bottom. Return the butter-water which you have taken out, cover the pan and let the rice cook over a very small heat for 30 minutes.

Be sure to scrape the bottom of the pan when you serve the rice. The crust at the bottom is not usually burnt but is quite crisp and brown, and is highly rated for this reason.

ITALY

Do not wash the rice. Pick it over for foreign bodies, then dribble it into a large pot with plenty of boiling stock—water is never used for cooking savoury rice when stock is available. Bring the stock again to the boil and let the rice

literally dance. Stir from time to time with a wooden spoon or fork. At the end of cooking time, about 15-20 minutes, take a few grains from the pan to see if they are *al dente*, or tender to the teeth. If they are, drain the rice quickly and turn into a lightly buttered casserole. Put into a warm oven to dry.

JAPAN

5 cups rice

7½ cups water

One cup of rice to one and a half cups of water is the Japanese standard measurement, but the quantity of the water varies with the type, age and quality of the rice.

Wash the rice and put into a thick pot. Add the water, cover and leave for 2 hours. Bring quickly and firmly to the boil until the water positively seethes, then turn the heat down low enough for the water to boil, but more quietly. Let it remain like this for 10 minutes, then turn the heat down still lower and cook for another 10 minutes. Finally take the pot from the heat, put on the side of the stove, and, still covered, leave it for a further 10 minutes.

MEXICO

1 cup rice

salt to taste

3 cups boiling water

Wash the rice and soak in water for 1 hour. Bring water

to the boil in the upper section of a double boiler, add salt and gradually dribble in the rice. Cook over a direct heat for 5 minutes, then over boiling water and continue cooking for about 45 minutes or until the rice is soft. The rice should be quite dry when it is cooked. If not, stir lightly with a wooden fork to allow the steam to escape and the rice to dry.

MIDDLE EAST

To the Arab, cooking rice is an important art. Rice is one of his staple foods, used both in savoury and sweet dishes. When it is cooked the Arab sees to it that each grain is soft and separate.

Rice in an Arab household is bought by the sack, and when the expert opens the sack he knows at once by the quality of the rice just how long it is going to last him and how much water he will need to cook it. He requires only his eyes as his measure. For the European this is not so easy, and few of us have room to store sacks of rice. The Arabs prefer long grain rice—so use this type of rice when preparing Arab dishes.

1 *lb long grain rice*
1 *pint water*

salt to taste
4 *oz butter*

Wash and dry the rice. Bring the water to the boil, add the salt, then the rice. Boil rapidly until the water has completely evaporated, spread the butter over the rice, cover the saucepan with a lid, and continue to cook very

slowly until the rice is dry and the grains have separated. The heat at this stage of cooking should be almost nil.

SINGAPORE

8 oz rice
water

salt

Wash the rice in three different changes of water. Three-quarters fill a large saucepan with water. Bring this to the boil, then quickly add the rice, with salt to taste. Cook for 12 minutes, stir with a wooden spoon and drain. Put into a hot oven and dry for 10 minutes. Leave the oven door open.

Another method used in Singapore—and in Malaya generally—is to cook one cup of well-washed rice in three breakfast cups of boiling water. Add salt and cover the pan when the rice is almost cooked (about 12 minutes). Leave over a low flame until the rice has absorbed all the water and let it cook in its own steam until dry and fluffy.

SOUTH AMERICA

1 lb long grain rice
2 pints water

1 small chopped onion
2 teaspoons salt

Have the water absolutely boiling. Add the onion, salt and the rice. Cover the pan, put it on the side of a warm stove and leave until all the water has been absorbed. The

result is well separated grainy rice with a strong flavour of onion.

If you have a gas or electric stove, you must use the minimum possible heat.

THAI

4 cups rice

6 cups water

Wash the rice two or three times in cold water. Drain well, then put into a large pan with water. Bring to the boil, remove all the scum which rises to the top, and boil the rice for 10 minutes. Cover the pan tightly, lower the heat until almost non-existent and continue to cook until all the water is absorbed. This will take another 20 minutes. The rice should be dry and fluffy and feel soft when pressed down.

AMERICA

BOILED WILD RICE

As with ordinary rice, there are many ways of boiling wild rice. This recipe was given me by an American friend, who claims that it is quite infallible.

Put one cup of wild rice into a pan and cover it with cold water. Bring just to the boil, drain, and return it to the pan. Cover again with cold water, bring once more almost to the boil, and drain again. Do this twice more,

but add salt to the last water and allow the rice to cook until soft. Drain for the last time, cover with a towel and let it stand for a while in a colander over a bowl of boiling water. By this time it should be quite fluffy.

AMERICA

BOILED BROWN RICE

Wash the rice in cold water. For each cup of rice use one quart of water, and one teaspoon of salt. Add the rice gradually to the boiling salted water and cook until tender, lifting occasionally with a wooden fork to prevent sticking. Do not stir. Brown rice takes longer to cook than white rice.

STEAMED RICE

I do not propose to give as many methods of steaming rice as I have of boiling. I have chosen two, one Chinese and the other a fairly general method. The advantage of the Chinese method is that the rice water can be used as a basis for soup, or, as the Chinese use it, as a nutritious drink.

CHINA

1 cup rice

2-3 cups water

Wash the rice, drain well. Put the rice in the water and

bring to the boil, cook for 3 minutes. Strain off the water, put the rice in the top of a rice steamer, and steam until tender and dry—from 40 minutes to 1 hour.

EUROPE

Wash the rice in cold water. For each cup of rice allow two cups of boiling water and one teaspoon of salt. Put the rice, salt and boiling water in the top section of a double boiler. Cook, covered, over a direct heat until the water is absorbed, then cook over boiling water for another 20 minutes or so, until the rice is dry and very tender. Uncover for the last 5 minutes.

II

SOUPS

RICE AND CARROT SOUP

<i>3 oz rice</i>	<i>salt and pepper</i>
<i>3 pints chicken or meat stock</i>	<i>finely chopped parsley or</i>
<i>6 chopped carrots</i>	<i>coriander</i>

Heat the stock to boiling point, add the rice and cook for 15 minutes. In the meantime separately cook the carrots in a little water, adding salt and pepper. When these are really soft, rub through a sieve. Stir the sieved carrot into the soup, cook for another 5 minutes, then serve, sprinkled with chopped parsley or coriander.

Add more salt and pepper to the stock if required.

RICE AND LEEK SOUP

<i>4 oz rice</i>	<i>1 dessertspoon mild vinegar</i>
<i>3 medium-sized leeks</i>	<i>2 quarts meat stock</i>
<i>1 oz butter</i>	<i>grated cheese</i>

salt and pepper

Clean the leeks and cut into small pieces. Heat the butter and lightly fry the leeks without browning. Add salt and pepper, the vinegar and the stock. Bring to the boil and cook steadily for 20 minutes. Add the rice and continue to cook until both the rice and the leeks are tender. Serve with grated cheese.

A similar soup can be made with sliced turnips and

rice, or chopped celery, and to all of these diced potatoes can be added if a heavy soup is liked.

RICE AND LEMON SOUP

(Greece and Turkey)

<i>4 oz rice</i>	<i>3 egg yolks</i>
<i>4 pints chicken stock</i>	<i>juice one lemon</i>
<i>salt and pepper</i>	

Bring the stock to the boil, throw in the rice, add salt and pepper to taste and continue to cook rapidly for 15 minutes.

Whisk the egg yolks, add the lemon juice and continue whisking until the mixture is smooth, even frothy. Lower the heat under the soup, stir in the egg and lemon sauce and, stirring all the time to avoid curdling, simmer for 2 minutes. Take the pan from the fire, cover it and leave for 5 minutes before serving the soup.

RICE AND ANCHOVY SOUP

<i>3 oz rice</i>	<i>4 mashed anchovies</i>
<i>1-2 oz butter</i>	<i>3-4 pints stock or water</i>
<i>1 finely chopped onion</i>	<i>grated Parmesan cheese</i>

Cook the rice in boiling water for about 15 minutes. Drain. Heat the butter, lightly fry the onion, add the anchovies, the rice and lastly the stock. Bring once to the

boil then simmer gently for about 30 minutes. The rice will become quite soft. Serve with grated cheese.

There should be enough salt in the anchovies not to require more. But it is better to taste the soup and add either pepper or salt as desired.

RICE SOUP WITH SHRIMPS

<i>3 oz rice</i>	<i>some finely chopped parsley</i>
<i>3 pints fish stock</i>	<i>boiled shrimps or prawns or</i>
<i>a little chopped onion</i>	<i>pieces of lobster</i>
<i>salt and pepper</i>	

First bring the fish stock to the boil with the onion. Add the rice, salt and pepper, and continue to cook rapidly until this is soft. Garnish the soup at the last minute with the shrimps, prawns or lobster and chopped parsley. Serve hot.

Be generous with the garnish.

RICE AND CABBAGE SOUP

<i>4 oz rice</i>	<i>2 cups raw chopped cabbage</i>
<i>4 pints well-seasoned meat</i>	<i>1 cup grated cheese</i>
<i>stock</i>	

Bring the stock to the boil, add the rice and cook until it is almost tender. Add the cabbage and continue to cook

until this is soft. Serve hot, well sprinkled with cheese. Serves six.

Instead of cabbage, other green vegetables may be used, or a mixture of vegetables. Chopped green spinach, broccoli, cauliflower, savoy cabbage are just a few suggestions.

RICE AND CHICKEN SOUP

This is a meal in itself and might almost qualify as a stew.

<i>8 oz rice</i>	<i>thyme, marjoram and</i>
<i>about 2 lb chicken</i>	<i>bayleaf</i>
<i>2-3 tablespoons olive oil</i>	<i>salt and pepper</i>
<i>1-2 large sliced onions</i>	<i>½ lb garden peas (shucked)</i>
<i>1-2 crushed cloves garlic</i>	<i>asparagus tips</i>
<i>1 small chopped green</i>	<i>strips of red peppers</i>
<i>pepper</i>	<i>brown bread</i>
<i>1 cup tomato juice</i>	<i>red wine</i>
<i>4 pints boiling chicken stock</i>	

Joint the chicken into fairly small pieces. Heat the oil and lightly fry the onions, garlic and the chopped pepper. Add the pieces of chicken, with the chicken livers, and brown. Pour in the tomato juice, stir, then add half the stock. Bring slowly to the boil, add the herbs, salt and pepper. Add the remaining stock, bring this to the boil, then add the rice and peas. Cover tightly and continue to cook until the rice is tender, about 15 or 20 minutes. Pour the soup or stew (whichever you prefer to call it) into

large potage bowls, garnish each portion with asparagus tips—the small green ones—and strips of red pepper. Serve with thick slices of coarse brown bread and a glass of red wine.

Instead of using chicken you can substitute small lamb cutlets, but really minute and tender ones, of course.

If using tinned or frozen peas add these 5 or 10 minutes after the rice.

RICE AND SPINACH SOUP

Originally I invented this soup in a hurry from some left-overs.

<i>1 cup cooked rice</i>	<i>2 lb cooked chopped spinach</i>
<i>½ oz butter</i>	<i>4 pints chicken stock—or</i>
<i>some chopped spring onion</i>	<i>other meat stock</i>
<i>to taste</i>	<i>salt and pepper</i>
<i>about 2 oz of pâté de foie</i>	

Heat the butter, lightly fry the onion—green part as well—add the pâté de foie, then the spinach. Stir these ingredients well together and cook over a medium heat for a few minutes. Add the stock, salt and pepper (if required) and bring to the boil. Gradually add the rice and bring the stock once more to the boil. Lower the heat and cook the rice for about 5 minutes longer.

Sufficient for six to eight people.

RICE AND MEAT BROTH

<i>4-6 oz rice</i>	<i>1-2 cups chopped left-over</i>
<i>4 pints well-seasoned</i>	<i>meat</i>
<i>broth</i>	<i>grated cheese</i>

Bring the broth to the boil. Add the rice and cook until tender. Add the meat and cook for 2 or 3 minutes, or until thoroughly re-heated. Serve hot, sprinkled with plenty of cheese.

Beef, lamb, mutton or chicken can all be utilized in this 'family' soup. Enough for six to eight people.

RICE AND PEAS IN BROTH

<i>4 oz rice</i>	<i>salt and pepper</i>
<i>3-4 pints chicken stock</i>	<i>1 oz butter</i>
<i>1 lb cooked green peas</i>	

Bring the chicken stock to the boil. Add the rice and cook rapidly until tender. Add the peas, salt and pepper and, just before serving, stir in the butter.

CREAM OF RICE SOUP

<i>8 oz rice</i>	<i>cream</i>
<i>3 pints white stock (chicken)</i>	<i>butter</i>
<i>salt and pepper</i>	<i>parsley</i>

Wash the rice thoroughly, scald it for 5 minutes in boiling

water, strain and cook in two pints of boiling stock until it is very soft. Rub it through a fine sieve, return to the pan, add the remaining stock and salt and pepper to taste. Re-heat and stir in three or four tablespoons of thick cream (or top of the milk) and one or two ounces of butter. Sprinkle with finely chopped, fresh parsley when serving.

CREAMED RICE AND TURNIP SOUP

6-8 oz rice

2-3 chopped turnips

4 pints chicken stock

You require fairly large turnips in order to get the full flavour of this vegetable.

Bring the stock to the boil, add the rice and the turnips, and cook slowly until both are very soft indeed. The best way is simply to simmer it for 2 or 3 hours, until the soup has become a pleasant creamy colour and the rice is as soft as if it had been rubbed through a sieve. Add more stock or water if required.

RICE SOUP: Tropical Style

6 oz rice

4 tablespoons grated fresh

4 pints chicken stock

coconut

2 oz butter

salt and pepper

Bring the stock to the boil, add the rice and cook for 10

minutes. Stir in the butter and coconut and cook for another 5 or 10 minutes. Serve hot.

If the stock is not sufficiently seasoned, add both salt and pepper to the soup.

Failing fresh coconut, use best quality desiccated coconut.

SCANDINAVIAN CHRISTMAS RICE PORRIDGE

This is traditionally eaten on Christmas Eve in all Scandinavian countries and there are various ways of preparing it. Some like it thick, some thin, some with cream, and some with milk. In some families it is eaten at luncheon on Christmas Eve, as an austere meal preparing the stomach for the richness to follow later in the evening. But, on the whole, it is almost always served before the roast goose or the carp and the many dishes that weigh down the Scandinavian Christmas Eve tables.

The 'porridge' is usually served with a nob of butter in the middle of each portion and sprinkled with cinnamon and sugar. Two almonds are cooked with it—one blanched, the other in its skin. He or she who finds the blanched almond will be the first to marry, the unlucky finder of the brown almond, the last.

6 oz rice

3 pints milk

Bring the milk to the boil, add the rice, after washing it thoroughly. Stir until the milk comes once more to the

boil, then reduce the heat to simmering and continue to cook, at least $1\frac{1}{2}$ hours, until the rice is very soft. If the porridge appears to be too thick add more boiling milk and stir briskly.

RICE AND APPLE SOUP

This soup, like rice porridge, is often garnished with a knob of butter and also sprinkled with ground cinnamon. It is a favourite Scandinavian and North German speciality.

8 oz rice	<i>pinch of salt</i>
6 medium-sized tart apples	<i>sugar to taste</i>
4 pints water	

Peel and slice the apples. Bring the water to the boil and gradually dribble in the rice. Cook over a medium heat for 5 minutes, add salt, sugar, and finally the apples. Continue to cook fairly slowly until the apples are pulpy and the rice quite tender. Stir thoroughly and serve very hot.

CRAB GUMBO AND RICE SOUP

(Louisiana, U.S.A.)

A gumbo has one essential, it must have okra (ladies' fingers), a semi-tropical, glutinous vegetable. These are not often available in England, except in Soho, although

often I have bought them tinned in well-stocked shops. My own preference among the tinned okra are for Turkish or Cypriot varieties, called Bamyas, usually packed whole in a good tomato sauce, which marries well with okra. American tinned okra is usually chopped.

<i>1 cup cooked rice</i>	<i>2-3 slices lemon</i>
<i>2 rashers fat bacon</i>	<i>1 bayleaf</i>
<i>1-2 oz butter for frying</i>	<i>3 pints boiling stock or</i>
<i>1 small finely chopped onion</i>	<i>water</i>
<i>1-2 cloves well-crushed</i>	<i>salt and pepper</i>
<i>garlic</i>	<i>1 oz flour</i>
<i>2 cups finely sliced okra—</i>	<i>about 1 lb fresh or tinned</i>
<i>or 1 tin</i>	<i>crabmeat</i>
<i>1 lb peeled tomatoes</i>	

Cut the bacon into very small pieces and put into a pan with the butter. Simmer until all the fat has run from the bacon. Add the onion and the garlic, fry for 5 minutes, then add the okra. Simmer gently for another 5 minutes, stirring carefully. Add the tomatoes, the lemon, the bayleaf and then the stock. Test for seasoning, then add salt and pepper if required. Mix the flour with enough cold water or stock to make a paste. Stir this into the soup and cook until it thickens. Just before serving add the rice and the crabmeat, cook until the rice is re-heated, and serve at once very hot. More stock may be added if required. This quantity can make between six and eight servings.

The flour-thickening may be omitted.

MULLIGATAWNY SOUP WITH RICE

This is by origin an Indian soup but it has been taken and 'worked upon' by successive generations of British housewives in India, although what has been done to it in England is something quite different. Certainly never in India does one find curry powder, apple, raisins, or other such oddities. It is almost invariably served with rice, about two tablespoons per person, which is offered separately as one does grated cheese. It can be made with chicken or mutton, served strained or not, thick or thin.

<i>boiled rice</i>	<i>1 teaspoon ground coriander</i>
<i>1 boiling chicken</i>	<i>vinegar</i>
<i>1 inch-piece turmeric</i>	<i>2 oz butter</i>
<i>1 inch-piece ginger</i>	<i>1 large sliced onion</i>
<i>4 cloves</i>	<i>salt</i>
<i>8 peppercorns</i>	<i>flour</i>
<i>2-3 dry chillies</i>	<i>lemon or lime</i>

Joint the chicken into as many pieces as possible. Cover with at least two quarts of water, add salt and one or two peppercorns. Bring to the boil, then simmer gently until the chicken is tender.

Crush the turmeric, ginger, cloves, the remaining peppercorns, and chillies, and mix with the coriander and either a little vinegar or water to a paste.

Heat the butter, fry the onion, and when this begins to brown add the paste and stir well into the onion. Cook gently for at least 5 minutes. Sprinkle in enough flour to

thicken the soup. Strain the stock from the chicken, pour this on to the onion mixture, stirring all the while. Continue for a few minutes, strain again, and serve hot—with rice and wedges of fresh lime or lemon.

If you have neither the time nor the inclination to crush spices to a powder, use the ready powdered spices—one teaspoon ground turmeric, half a teaspoon ground ginger, half a teaspoon or more of chilli powder, half a teaspoon pepper, a pinch of powdered clove.

What to do with the chicken? This depends on its quality. If it is an ancient fowl, it probably will have done its duty in giving you a good soup.

Mulligatawny soup does not taste much of the stock used. You can also use mutton.

RICE AND PEA SOUP

RISI E BISI

(Italy)

This soup was always offered by the Doges of Venice at banquets held on the Feast of Saint Mark. As with all traditional dishes there are several ways to prepare this 'soup'—which is served like a thick porridge—all arriving at approximately the same result. Here are two recipes.

8 oz rice

butter

bacon rinds

1 chopped carrot

1 chopped onion

1 stick chopped celery

$\frac{1}{2}$ lb shelled green peas

3 pints stock

salt and pepper

(1) Fry lightly in butter the bacon rinds, carrot, onion, celery and peas. Remove the rinds, add the hot stock, and then throw in the rice. Cook rapidly until the rice is tender, add salt and pepper and serve very hot.

(2) Or you can reverse the process. Fry the bacon rinds and chopped vegetables until brown. Add the rice, and when this becomes transparent—about 5 minutes' frying will be enough—pour in the hot stock. Add the peas and tightly cover the pan. Simmer the rice and peas over the lowest possible heat, and leave until both are soft. Remove the rinds before serving.

This soup is eaten with a fork and not a spoon. It should be basically rice, with a green *motif*.

III
FISH

RICE WITH FISH IN TOMATO SAUCE

If you possess a paella pan (*see page 267*), or one of a similar type, the rice can be cooked and served in this.

1 lb rice	olive oil for frying
1-2 lb fish	1 large sliced onion
1 whole onion	2 cloves chopped garlic
1-2 sticks celery	chopped parsley
1 carrot	1 lb sliced tomatoes
fennel and basil to taste	lemon
salt and pepper	

The fish may be all of one kind or mixed. Clean and cut it into serving pieces. With the heads, tails and bones, make one quart of stock flavoured with the whole onion, celery, carrot, fennel, basil, salt and pepper.

Heat enough oil in a frying pan to fry the pieces of fish a golden brown. Transfer these to a warm oven and continue to cook until tender. In the same pan fry the sliced onion, garlic and some chopped parsley, until the onion begins to brown, then add the tomatoes. Lower the heat to simmering and let these vegetables cook until soft, but not mushy.

Now heat four tablespoons of olive oil in your paella pan, add the rice and fry until it begins to look transparent, stirring frequently to avoid sticking. Add the stock—it must be boiling—and cook briskly until the rice is tender and swollen. Pile the pieces of fish in the middle

of the rice and surround with the onions and tomatoes. Decorate with sprigs of parsley and serve with wedges of lemon. If you have no paella pan turn the rice out on to a large platter and arrange the fish and vegetables in the same way.

RICE WITH DRIED CODFISH

A Scandinavian dish. You can buy dried codfish in Soho and elsewhere where there is a large foreign population.

10 oz rice	1½ pints milk
1 lb dried codfish	butter
pinch of salt—if needed	pepper
2-3 eggs	parsley

Soak the fish for 15 hours or more, changing the water two or three times. Put the fish into a pan with fresh water and cook for 25-30 minutes, or until the flakes begin to loosen. In another pan cook the rice in boiling water until tender, and put under cold running water to separate the grains.

Drain the fish and remove all the skin and bones. Break into flakes. Mix the fish and the rice together. Taste to see whether any salt is required—it is doubtful as the fish is usually salty enough.

Thoroughly beat the eggs into the milk.

Butter a casserole, fill with the rice and fish, stir in the egg and milk custard, add pepper to taste, dot with butter, and bake in a very slow oven for 2 or 3 hours.

Serve hot with a sauce of hot melted butter and chopped fresh parsley.

Dried or salted codfish is, in the sense of game or venison, 'high', but its flavour is acquired quite easily.

KEDGEREE (*England*)

The Indians had a famous rice and lentil dish called Kichiri (*see page 162*). The British went to India, liked the dish, changed it, and produced an equally famous English breakfast dish called Kedgerree.

The dish gained in popularity and reached the Dominions. Finally it came back to Bombay to be produced by a polyglot population of cooks not as Kichiri, but Kedgerree, with an Indian interpretation. The three versions are given.

<i>3 cups cooked rice</i>	<i>3 oz butter</i>
<i>2 cups cooked fish</i>	<i>2 egg yolks</i>
<i>salt and pepper</i>	<i>lemon juice</i>
<i>chopped parsley to taste</i>	

Pick over the fish to make sure there is neither skin nor bone left. Break into small flaky pieces. Mix it with the rice, add salt and pepper, if required, and the chopped parsley. Turn the mixture into the top of a double boiler and cook slowly over boiling water. In another pan slightly melt the butter, beat with the egg yolks, and stir this mixture into the kedgerree. Continue to cook for 3 or

4 minutes longer, or until the egg mixture has cooked. Serve hot, sprinkled lightly with lemon juice.

Kedgerree, which started its career as a breakfast dish, is now more often eaten as a light luncheon course—or sometimes for that late Sunday breakfast, which used to be called 'Brunch'—a horrible word.

KEDGEREE (*Dominions*)

<i>2 cups cooked rice</i>	<i>2 tablespoons toasted</i>
<i>2 cups cooked and flaked</i>	<i>almonds (optional)</i>
<i>fish</i>	<i>salt and pepper</i>
<i>3 oz butter</i>	<i>2 chopped hard-boiled eggs</i>
<i>1-2 finely chopped onions</i>	
<i>2 tablespoons scalded raisins</i>	
<i>(optional)</i>	

Heat the butter in a saucepan and lightly fry the onions. Add the fish and simmer for a few minutes. Add about a quarter of a cup of water, the raisins, almonds, salt, pepper, and the eggs. Then carefully stir the rice into this mixture until blended. Serve hot.

Peanuts may be used instead of almonds, and chopped parsley and chopped chilli pepper instead of almonds and raisins if a more savoury flavour is preferred.

KEDGEREE (*International*)

1 lb rice	2 chopped cloves garlic
1-2 lb white fish—prefer- ably plaice	$\frac{1}{4}$ teaspoon chilli powder
butter or other fat for frying	small piece fresh ginger
1 teaspoon turmeric	1 oz blanched and slivered almonds
4 cardamoms	$\frac{1}{2}$ teaspoon mixed spice
1 inch-piece cinnamon	1-2 large chopped tomatoes
1-2 large minced onions	salt
fish stock or water	1 oz raisins or sultanas
6 cloves	lemon
	hard-boiled eggs

Bone and skin the fish and cut into medium-sized pieces. Use skin and bones to make a stock. Heat the butter—for English taste you will require about two ounces. Add the turmeric, cardamoms and the cinnamon, stir and cook gently for 5 minutes. Add half the onion(s), and when this is brown stir in the rice and continue to stir while the rice is cooking, for 5 minutes. Cover with boiling fish stock or water to a level of two fingers above the rice. Bring once to the boil, then simmer over a low heat for about 15-20 minutes.

In another pan heat enough butter or fat to fry the pieces of fish. Add the cloves, garlic, chilli powder, ginger, remaining onion, almonds and spice, and simmer for a few minutes. Add the fish, thoroughly brown this, then add the tomatoes. Simmer until the fish is quite cooked. By this time the rice will probably be tender. Mix the fish with the rice, add salt to taste and the raisins

(or sultanas). Cover the pan and cook for another 5 minutes.

Turn out on to a large hot platter to serve—removing the larger pieces of spice (cinnamon, cloves and ginger). Serve with thick wedges of lemon and quarters of hard-boiled eggs.

Some people like to eat thick curds with this type of kedgeree, a taste I well recommend.

RICE AND FISH IN SCALLOP SHELLS

<i>1 cup cooked hot rice</i>	<i>½ cup thick cream or white</i>
<i>1-2 cups cooked mixed fish</i>	<i>sauce</i>
<i>2 oz butter</i>	<i>1 slightly beaten egg</i>
<i>salt and pepper</i>	<i>4-6 scallop shells</i>
<i>3 oz grated Parmesan cheese</i>	

Butter the shells. Cut the fish into small pieces. Mix the rice with the butter, salt, pepper, and two ounces of the cheese. Add most of the fish and moisten with a little of the cream, or sauce. Fill the shells. Garnish each shell with the remaining fish, beat the egg with the rest of the cream or sauce. Pour this mixture over the fish. Sprinkle with remaining cheese and bake in a fairly hot oven until brown.

Any kind of fish will do for this recipe, but if you have some prawns or lobster to mix with more prosaic fish, do so.

TIMBALES OF RICE AND FISH

<i>3 cups cooked rice</i>	<i>1 well-beaten egg</i>
<i>2 cups cooked fish</i>	<i>1 small minced onion</i>
<i>3 oz soft breadcrumbs</i>	<i>1 tablespoon minced parsley</i>
<i>salt and pepper</i>	<i>2 tablespoons milk or cream</i>

For this dish you require individual, well-buttered timbale moulds. The quantities given should make six or eight moulds. Line each mould with cooked rice, using about two-thirds of the rice.

Combine the fish, breadcrumbs, salt, pepper, egg, minced onion, parsley and enough milk or cream to make the mixture fairly moist. Pack this into the moulds, and cover with remaining rice. Put the moulds in a baking pan with boiling water and bake in a hot oven for about 40 minutes. Remove from the moulds and serve with a well-flavoured sauce, such as mushroom, anchovy, shrimp or tomato.

Tinned fish of almost any flavour can be substituted for the fresh fish.

RICE WITH FRESH COD (*Portugal*)

<i>6 oz rice</i>	<i>salt and pepper</i>
<i>2½ lb cod</i>	<i>¼ pint white wine</i>
<i>½ pint olive oil</i>	<i>1 tablespoon chopped</i>
<i>2-3 chopped or sliced onions</i>	<i>parsley</i>
<i>2 crushed cloves garlic</i>	<i>lemon</i>
<i>1½ lb skinned and chopped</i>	<i>green pepper</i>
<i>tomatoes</i>	

Cook the rice in boiling water for 10 minutes. Drain and keep hot.

Heat a little of the olive oil and fry the onions until brown. Take these from the pan and put aside, but keep hot.

Wash the fish and cut into six portions. Put the remainder of the oil in the pan (in which you cooked the onions) and fry the fish until brown. Return the onions to the pan, add the garlic, tomatoes, salt and pepper, rice and the wine. Cover and simmer for about 15-20 minutes.

Remove the fish and arrange on a serving dish. Keep hot. Add the parsley to the rice and sauce, and stir all the ingredients well together. Pour this mixture over the pieces of fish. Garnish with slices of lemon and green peppers.

RICE WITH BAKED FISH

An Iberian speciality. Any kind of firm white fish may be used.

6 oz rice	<i>parsley and fresh basil</i>
about 2 lb mixed white fish	(to taste)
1 large onion	salt and pepper
2 sticks celery	olive oil for frying
1-2 carrots	1 lb tomatoes
1-2 cloves garlic	

Clean the fish, cut off the heads and tails, and remove all

bones. Put the heads, etc, into a large pan with about two pints of water, the onion, celery, carrots, garlic, herbs, salt and pepper, and cook long enough to make one and a half pints of fish stock. Strain.

Heat enough oil to fry the pieces of fish until a golden brown. Rub a casserole with oil, put the fried fish into this, and bake in a moderate oven until the fish is cooked. Slice the tomatoes and fry these in the same oil in which you fried the fish. Take these out and put in the oven to keep hot. In the same oil fry the rice until it begins to brown, then add the boiling fish stock and cook over a good heat until all the liquid is absorbed and the rice is fluffy and dry. Turn the rice on to a dish, pile the pieces of fish on top, and surround it with the fried tomatoes.

RICE AND CURRIED FISH

6 oz rice	2 large finely chopped
1½ lb white fish	onions
1½ tablespoons curry powder	salt and pepper to taste
3 tablespoons flour	1½ pints boiling fish stock
butter	lemon (optional)

Clean and skin the fish and cut into medium-sized pieces. Mix the curry powder and flour together and roll the fish in this. Butter a casserole, cover the bottom with onion, sprinkle with rice, then add the fish, the remaining onion and rice. Add salt, pepper and the stock. Bake in a moderate oven for about 1½ hours—stirring from time to time until the rice is tender and all the liquid absorbed.

Serve with green peas and a curry-flavoured sauce. A little lemon juice may be added, or slices of lemon, as a final garnish.

CREAMED FISH IN RICE NESTS

8 oz rice

1½ pints boiling salted water

Cook the rice until tender and all the water is absorbed. As soon as it is cool enough to handle, shape into 'nests'. Keep these hot.

CREAMED FISH:

2 oz butter

1 oz flour

salt and pepper

1 pint milk

1 beaten egg

glass of sherry

*tablespoon chopped button
mushrooms*

*1 lb cooked and flaked fish,
or tinned tuna or salmon*

lemon juice

Heat the butter, blend in the flour, add salt and pepper, then gradually the milk. Simmer for 15 minutes. Stir in the egg. Add the sherry, the mushrooms and finally the fish. Simmer gently until all the ingredients are thoroughly heated. Add a little lemon juice at the last moment. Fill the nests with this mixture and serve hot.

TUNA FISH AND RICE CASSEROLE

An American recipe, and the tuna may be replaced by any kind of fish, fresh or tinned. It is an excellent way of dealing with present-day tinned salmon, and, served with crisp potato chips and young carrots or garden peas, it makes a tasty luncheon dish.

8 oz rice	milk
1 medium-sized tin tuna or salmon	salt and pepper fine breadcrumbs
3 oz butter	lemon
2 oz flour	parsley
4 oz grated cheese	

Cook the rice in boiling salted water until it is soft. Drain. Strain the liquid from the fish, keep this, and break the fish into small pieces. Heat two ounces of the butter in a saucepan, stir in the flour and cook, stirring all the time, until well blended. Gradually add the liquid from the fish, the cheese, then enough milk to make about one pint of sauce. Add salt and pepper to taste. Simmer for 10 minutes.

Butter a casserole and arrange a layer of rice at the bottom. Spread this with fish and cover this with sauce. Repeat until all the ingredients are used up. The top layer should be of rice. Sprinkle very lightly with breadcrumbs and dot with butter. Bake in a moderate oven for about 20 minutes. Serve hot, garnished with wedges of lemon and fresh parsley.

RICE AND FISH LOAF

A typical American recipe, this 'loaf' is baked in a large oblong cake tin. I shall give the American ingredients, but these can be altered to suit one's larder and taste. Here tuna fish is suggested, but any left-over cooked fish or tinned salmon can take its place.

The amount of rice required depends on the size of your tin.

Line a buttered oblong cake tin with cooked rice. Fill with: strained and broken salmon or tuna fish, finely chopped onion, mushrooms, chopped celery and a few cooked peas. Add some lemon juice and parsley for flavouring, salt and pepper, a little grated nutmeg, a bay-leaf or so, and about half a pint of thick white, or tomato, sauce. Cover this fairly thickly with rice, spread with well-buttered grease-proof paper and bake in a moderate oven for 40-50 minutes. It is safer to put the tin in a pan filled with boiling water. Carefully turn the loaf out on to a dish, decorate it with parsley and serve with peas and carrots.

BAKED PERCH WITH RICE AND ANCHOVIES

6 oz rice
1 good-sized filleted perch
butter
minced shallot or onion to
taste

anchovies to taste
juice half a lemon
salt and pepper
1 bayleaf
1½ pints court-bouillon

Butter a casserole and cover it with the rice. Put the fish on top. Heat enough butter to fry lightly the shallot or onion and the anchovies. Spread these on top of the fish. Sprinkle with lemon juice, add seasonings and a bayleaf, then the court-bouillon. Cover and bake for about 1 hour, by which time the rice will have absorbed the liquid, be thoroughly cooked and each grain quite separate.

Instead of anchovies you can use shrimps, prawns or mushrooms. A few capers may be added and any typical fish sauce can be served with it: Sorrel, Tartare or Béarnaise, for example.

Serve with peas or carrots.

STUFFED MUSSELS (*Turkey*)

I think the recipe for stuffed mussels really belongs to Turkey. Certainly you find mussels at their best in Istanbul. Large and fresh mussels are required for this recipe, tinned ones will not do.

1 cup uncooked rice	2 oz pine-nuts
3 dozen large fresh mussels	2 oz currants
$\frac{1}{2}$ cup olive oil	1 teaspoon black pepper
4 large chopped onions	1 teaspoon salt
1 $\frac{3}{4}$ cups boiling stock or water	2 tablespoons chopped parsley

Scrape and thoroughly wash the mussel shells. Force them open without breaking or separating the two halves.

Remove the beard and black threads of the mussels, wash them in several waters, and then leave in cold water until they are required.

STUFFING

Heat the olive oil until very hot and fry the onions until they are a golden brown. Add the rice and continue frying gently for 20 minutes. Add the boiling stock, pine-nuts, currants, pepper, salt and parsley, and cook, covered, for another 20 minutes. Leave to cool in the pan.

Put a little stuffing into one half of each shell, close down firmly and tie with cotton. Pack the mussels tightly in a saucepan, add three cups of boiling water and cover firmly with an inverted plate. This is to keep the mussels in place. Cover the pan and cook the mussels gently for 30 minutes. Leave to cool in the pan but drain off any remaining liquid. Discard the cotton and leave the mussels until they are quite cold before serving.

QUICK RICE AND MUSSEL SUPPER DISH

<i>4 cups cooked rice</i>	<i>salt and pepper</i>
<i>1 jar or tin of mussels with liquid</i>	<i>1-2 cups tomato sauce</i>
	<i>butter and grated cheese</i>

The sauce should be made from chopped tomatoes, plenty of sliced onion and crushed garlic. Or it can be made with tomato juice or soup, and fried onions and

garlic, but whatever you use the sauce should be thick and have plenty of flavour.

Butter a casserole, spread it with cooked rice, add the mussels and the liquid, salt and pepper. Pour over this the tomato sauce, add grated cheese and slivers of butter and bake in a moderate oven until the sauce begins to bubble and the cheese has almost formed a crust.

RICE WITH CRABS (*France*)

1 *cup rice*

2 *large chopped onions*

1½ *doz small crabs*

salt

2 *oz butter*

Clean the crabs and put into a pan with cold, salted water. Bring to the boil and cook for 20 minutes. When cold, pick out the meat from the legs and shells.

Strain the crab stock, bring to the boil, add the rice and cook until tender. Drain.

Heat the butter, fry the onions until brown, literally just toss the crabmeat and rice in the same pan, then serve hot and quickly.

A seaside recipe, for use after a successful crabbing expedition.

One cup of rice requires three to four cups of the crab stock.

IV
CHICKEN DISHES

CHICKEN WITH RICE BORDER

Simply the French Poule-au-Riz. On the whole, the French do not get very excited about rice dishes, but this is a popular and simple way of cooking rice and at the same time dealing with a rather elderly bird.

<i>4-6 oz rice</i>	<i>1 whole carrot</i>
<i>1 boiling fowl</i>	<i>chopped parsley or sage</i>
<i>1 chopped onion, size to taste</i>	<i>salt and pepper</i>

Heat four pints of water, add the chicken, onion, carrot, herbs, salt and pepper, and simmer gently until the fowl is tender. Take the chicken from the pan, joint it and put it aside while you strain the stock. Return the stock to the pan (you require two pints), add the rice, cook this for 15 minutes, add the chicken pieces, and continue to cook until the rice is quite tender and the chicken re-heated.

Arrange the pieces of chicken in the centre of a round dish and surround with the rice. Serve with a white sauce in which there are eggs and fresh cream.

The rice will not be dry and fluffy but rather moist, like risotto rice. A less elderly chicken obviously makes a much better dish.

CASSEROLE OF RICE AND
FRIED CHICKEN

1 lb rice	1 finely chopped green
2 spring chickens	pepper
seasoned flour	salt and chilli pepper to
4 oz butter	taste
2 finely chopped onions	2 pints chicken stock
1-2 chopped cloves garlic	1 oz tomato purée

Joint the chickens—each into four is the best. Dip into flour and coat thoroughly. Heat the butter and fry the chicken pieces until brown. Put aside but keep warm. In the same fat brown the onions and garlic, add the green pepper and, when this is brown, flavour with salt and chilli pepper, then stir in the rice. Cook for a few minutes. Turn all this into a buttered casserole, arrange the chicken on top, add the stock flavoured with the tomato purée, cover the casserole, and bake in a moderate oven for $1\frac{1}{2}$ hours. For the last 30 minutes bake uncovered.

Should be sufficient for six to eight people.

PUERTO RICO RICE

The Spaniards left a strong culinary influence behind them in the West Indies and in the neighbouring Islands. This recipe, although typically Puerto Rican, is pure Spanish.

1 lb rice	$\frac{1}{2}$ pint tomato juice
1 chicken	thyme, marjoram and
2-3 tablespoons olive oil	bayleaf
1 large finely sliced onion	salt and pepper to taste
1-2 chopped cloves garlic	pinch saffron
1 chopped small green pepper	cooked peas and tinned pimento to garnish

Cook the chicken, either by steaming or boiling it until tender. Strain the stock—if there is not the required amount (i.e., one and a quarter pints), add boiling water. Joint the chicken into six or eight pieces.

In another pan, preferably the one in which you will serve the rice, heat the oil and lightly fry the onion and garlic. Add the green pepper and when this is just brown add the chicken pieces and lightly brown these. Add the tomato juice, stir, then gradually add the chicken stock. Bring slowly to the boil, flavour with the bayleaf, a pinch of thyme, marjoram, salt, pepper, saffron, and finally add the rice. Stir once more, cover the pan very tightly and simmer gently for about 30 minutes. By this time all the liquid should have been absorbed.

Garnish with the peas and strips of pimento, cover the pan again tightly, and put on the side of the stove without any heat for about 20 minutes. The rice and chicken will continue to cook in their own steam. Serve hot.

This dish is not meant to be dry like a pilau. When it is ready it will have the slightly damp appearance of the risotto.

You can add chopped bacon and bacon fat, but in this case reduce the quantity of oil. Instead of cooked peas,

you can substitute sliced green olives or a few capers or even asparagus tips, if available.

RICE WITH CHICKEN AND PINEAPPLE

Slightly exotic, this recipe is the invention of an imaginative bachelor.

<i>3 cups saffron rice</i> (see page 158)	<i>1 unpeeled orange, sliced</i> <i>very thinly</i>
<i>1-2 spring chickens</i>	<i>salt and pepper</i>
<i>half small ripe pineapple,</i> <i>cubed</i>	<i>tabasco sauce</i>
<i>juice 1 large lemon</i>	<i>small tin tomato purée</i>
<i>½ cup soft breadcrumbs</i>	<i>butter or light olive oil for</i> <i>frying</i>
<i>3 oz raisins</i>	

First start to cook the rice, and while it is cooking joint the chicken(s) and rub each piece with lemon juice and salt and pepper. Then leave for an hour or more. Heat enough butter or olive oil to fry the chicken pieces until tender. Add the raisins, after the chicken has been cooking a short while, and when these are plump, add the tabasco sauce (if available) and the tomato purée. Cover the pan and leave to simmer over a low heat until required.

Heat a little more butter in another pan and sauté the pineapple cubes and breadcrumbs.

By this time the rice should be ready. Turn out on to

a hot platter. Smooth it down slightly and arrange the pieces of chicken and the sauce in the centre. Garnish with the pineapple, breadcrumbs and orange slices.

This is sufficient for six to eight people. Failing fresh pineapple, use tinned, but well drain the cubes before frying.

RICE WITH CHICKEN AND PINEAPPLE CASSEROLE

This is much the same as the preceding recipe but is 'finished off' in layers in a casserole.

Have ready the saffron rice, the chicken and its sauce, the fried pineapple cubes and breadcrumbs, sliced oranges, etc. Arrange a layer of rice in a buttered casserole, cover with chicken and sauce, and a cube or two of pineapple. Cover again with rice, chicken, etc, until all ingredients are used up. The top layer is of rice. Sprinkle with fried breadcrumbs and put in a warm oven to remain until required. Garnish with sliced oranges before serving.

Whichever way you serve this dish, you need only a bowl of fresh green salad, a bottle of wine, and maybe some cheese to complete a meal.

RICE AND CHICKEN LOAF

<i>2 cups cooked rice</i>	<i>1 tablespoon minced pepper</i>
<i>2 cups diced chicken meat</i>	<i>(capsicum)</i>
<i>2 sticks chopped celery</i>	<i>2-3 egg yolks</i>
<i>1 small onion</i>	<i>salt and pepper</i>
<i>1 cup cooked peas</i>	<i>½ cup cream or top of milk</i>
<i>1 tablespoon lemon juice</i>	<i>1 cup breadcrumbs</i>

Grind the chicken, onion and peas, then mix all the ingredients in a bowl together. Turn into a greased oblong tin and bake in a moderate oven for 1 hour. Garnish with something colourful, such as stuffed green olives, strips of tinned pimento, and serve with a mushroom sauce (see page 249), or any other creamy sauce you may prefer.

POUSSIN AND SWEET SAUCE

<i>1 cup rice</i>	<i>dates</i>
<i>4 poussin</i>	<i>preserved ginger</i>
<i>4 oz butter</i>	<i>salt and pepper</i>
<i>sherry</i>	<i>lemon juice</i>

Rub the poussin with lemon juice, salt and pepper, and simmer them in butter until tender.

Cook the rice until soft in boiling salted water—or, if available, chicken stock, or even consommé from a tin. Drain.

SAUCE:

Mix about two glasses of sherry with three or four ounces of finely chopped, good quality dates, and three or four pieces of preserved ginger, very thinly sliced.

Arrange the rice in a ring with the chicken in the centre, garnished with the sauce.

Enough for four.

COLD CHICKEN CURRY

An Anglo-Indian picnic dish, sometimes eaten by sportsmen out hunting. Picnics in India are still quite elaborate affairs and even a simple weekend in a forest bungalow usually means taking a 'bearer' or another servant. Also plenty of good food is taken.

This curry, one of many delicacies, is packed tightly in a portable ice-box and can be carried over many hot and weary miles without coming to harm.

<i>2 cups long grain rice</i>	<i>salt and pepper</i>
<i>1 chicken</i>	<i>salad cream</i>
<i>1 tablespoon curry powder</i>	<i>3 pints milk</i>
<i>1 onion</i>	

Wash the rice in several changes of water until the water runs clean. Dry thoroughly, then cook in the milk until soft. Leave to cool. Cover the chicken with water and cook with the onion, salt and pepper until tender. Cool, take the flesh off the bones and cut this into thin strips. Mix the curry powder into the salad cream.

Arrange a layer of rice at the bottom of a casserole, cover with strips of chicken, and spread generously with the salad cream. Repeat until all the ingredients are used up, spreading the top layer of rice generously with the cream. Chill before serving.

An excellent hot weather weekend dish, whether 'on tour' or at home.

RICE AND CHICKEN PIE

(Scandinavia)

8 oz rice	2 oz flour
1 chicken	1 small tin mushrooms
3 sliced tomatoes	salt and pepper
1-2 large sliced onions	fine breadcrumbs
2-3 beaten eggs	fried onions and almonds
2 oz butter	(optional)

The chicken should weigh about four or five pounds. Joint it into fairly small pieces and put into a saucepan with plenty of water, salt, pepper and the raw onions. Cook until it is just tender. Take it and the onions from the pan, and keep warm until required. Measure out one pint of stock, strain and put it aside to make a sauce. If the remaining stock does not make two pints, add boiling water and bring to the boil. Add the rice to the boiling stock, lower the heat and simmer until the rice is tender and all the liquid absorbed.

While the rice is cooking arrange the chicken and onion

in a pie-dish, add the tomatoes, salt and pepper. Put a pie-vent in the centre.

Heat the butter, add the flour, and stir until blended. Gradually add enough chicken stock to make a medium-thick sauce. Add the mushrooms, either chopped or whole—plus their liquid—salt and pepper, and cook for 5 minutes. Pour this sauce over the chicken and tomatoes.

When the rice is ready, take it from the stove and let it cool. Mix it with most of the egg—leave enough to brush the top—and spread the rice over the top of the chicken as you would a pastry cover. Bake in a moderate oven for 1 hour.

About 10 minutes before the pie is ready, take it from the oven, brush with the remaining egg, sprinkle with breadcrumbs and return to the oven to brown. Garnish with fried onions and almonds. Sufficient for six people and very good. If more gravy is required use less stock for the rice and save this to serve separately. However, if you do this be sure there is enough liquid in which to cook the rice.

RICE WITH CHICKEN AND BACON

8 oz rice	salt and pepper
1 young chicken	$\frac{1}{4}$ cup olive oil
3-4 lean bacon rashers	2 pints chicken stock or
4 tomatoes	water
2 onions	peas, asparagus tips, cooked
2 large red peppers	or tinned
chopped parsley, crisply fried	

Chop the onions, slice the tomatoes and peppers, and cut the bacon into thin strips. Joint the chicken and rub the pieces with salt and pepper. Heat the oil. Fry the onions and, as they begin to brown, add the chicken. Brown this, then fry the bacon until crisp. Add the tomatoes and simmer for 5 or 6 minutes. Season with salt and pepper, add the rice, and gradually the chicken stock. Cook over a medium heat until the rice is soft, the chicken tender and all the liquid absorbed.

Turn out on to a large dish, garnished with asparagus tips, peas and fried parsley.

If you use tinned peas or asparagus, warm them before using.

Unless the chicken is really tender, it cannot be cooked in this way. You must partially cook it by boiling it first.

PISH-PASH (*India*)

1 lb rice	2 bayleaves
1 chicken	pepper, salt, allspice
1 small minced onion	2 oz butter
4 slices fresh ginger	

Wash and drain the rice and put it into a large saucepan. Add the chicken, jointed into small pieces, the onion and ginger (failing fresh ginger, use half a teaspoon ground ginger), allspice to taste, salt, pepper, the bayleaves and plenty of water. Cover the pan and bring the water to the boil. Lower the heat and simmer for 2 hours. Stir in the butter about 15 minutes before serving.

An old-fashioned and favourite dish for sick people in India. Lamb may be used instead of chicken, but not mutton or beef, although veal also makes a splendid pish-pash.

RICE AND CHICKEN (*Chinese Style*)

$\frac{1}{2}$ lb rice	4-6 diced mushrooms
1 oz cornflour	1-2 oz diced ham
1 tablespoon soya sauce	$\frac{1}{2}$ cup green peas
1 cooked chicken breast, diced	salt
2 cups chicken stock or water	

Boil the rice Chinese style (*see page 19*).

Mix the cornflour and sauce together, and rub the chicken pieces with this. Put the stock into a large pan and bring to the boil, add the rice, cook for 2 or 3 minutes, then add the chicken, ham, salt, mushrooms and peas. Cook for another 10 minutes.

Serve in a shallow bowl, Chinese style. No sauce is required. This is sufficient for three or four people as a main course and is naturally eaten with chopsticks.

RICE AND STEAMED CHICKEN

(Chinese Style)

8 oz rice	<i>salt and pepper</i>
1 small chicken	<i>butter</i>
2-3 sticks celery	1 oz cornflour
6 spring onions	1 tablespoon soya sauce

Joint the chicken into small pieces. Cut the celery and spring onions into thin rounds, using the green part of the onions as well. Sprinkle everything with pepper, and rub with the cornflour and soya sauce, mixed to a paste.

Put the rice into a pan with two pints of salted water and cook over a quick heat until it is firm enough to support the chicken and vegetables. Place these on top of the rice, dot with butter, cover, and simmer until the chicken is tender and all the liquid has been absorbed.

Cooked in this manner the chicken is virtually steamed and the rice takes on the flavour of the other ingredients.

V

PIL AUS

PILAU

There are almost as many varieties of pilaus as stars in the sky. A slight exaggeration, perhaps, but the pilau is an Eastern dish and it is the Eastern prerogative to enhance, or to exaggerate. And why not?

Not only Eastern peoples eat pilaus but also most Europeans find them easy to eat and, even more important, easy to make and easy to invent new ones. It is a pretty poor Eastern cook who cannot think of one hundred different ways of making a pilau. Pilaus can be savoury, sweet-sour, sweet, elaborate or simple. Festive dishes are dressed with gold and silver leaf, or piled high with chicken and garnished with burnt almonds and sliced, crisply fried, onions. You can use meat or fish, fruit or vegetables, mutton or beef, goat, camel, game, turkey and chicken livers. There is an endless variety.

A pilau is one of the simplest rice dishes in the world to make, and also one of the most popular. Almost half the world's population eats rice. You can make pilaus anywhere—desert Arabs produce mouth-watering pilaus on any kind of fire, so do the cooks of Turkey, Persia, Pakistan and Northern India, who are happy to cook on a single oil burner, and what pilaus they produce.

So away to your gas rings, oil stoves, electric hot plate, what you will, and produce a new family dish, an exciting, satisfying pilau.

RISSOLE PILAU

8 oz rice	$\frac{1}{2}$ teaspoon powdered mace
1 lb mutton	2 oz butter or other fat
3 oz lentils	6 crushed cardamom pods
6 cloves	25 blanched and slivered almonds
6 peppercorns	$2\frac{1}{2}$ –3 cups hot stock
2–3 slices fresh ginger	salt to taste
2 quartered onions	
2 chilli peppers	

Wipe the meat and put into a saucepan with the lentils. Cover with water, add cloves, peppercorns, ginger, onions, chilli peppers, mace and salt. Simmer gently until the meat is tender and the water is absorbed. Put everything through a mincer. Make very small rissoles—the size of marbles. Put these aside. Cook the rice in one and a half pints of boiling salted water until almost tender, and drain. Heat the butter and fry the cardamoms and almonds. Stir for 1 minute, then add the rice and mix well. Put a layer of rice in a deep casserole, then one of rissoles. Repeat until both the rice and rissoles are used up. The top layer should be of rice. Pour the hot stock over this, cover and cook over a low flame until all the liquid is absorbed.

Some people prefer to fry the rissoles very lightly before adding them to the rice—I am one of these.

SAVOURY PILAU

This is the type of pilau you will be offered as soon as you cross the border into Yugoslavia, and continue eastwards to Greece, Turkey and the Arab countries. It will not substantially vary from those you find in Pakistan and, indeed, in Hyderabad, should your travels take you this far.

<i>2 cups rice</i>	<i>1 large chopped tomato</i>
<i>4 cups boiling meat stock</i>	<i>1 oz sugar</i>
<i>or water</i>	<i>1 teaspoon black pepper</i>
<i>½ lb liver, chopped into</i>	<i>1 teaspoon salt</i>
<i>small pieces</i>	<i>2 oz pine-nuts (or less)</i>
<i>3 medium, finely chopped</i>	<i>2 oz currants</i>
<i>onions</i>	<i>chopped sage and parsley</i>
<i>4 oz fat, olive oil or butter</i>	<i>½ teaspoon mixed spices</i>

Heat the fat in a large saucepan and lightly fry the liver. Drain and put it aside, keeping it hot. Fry the onions in the same fat but do not let them brown. Add the nuts, then the rice, and fry this for 5 minutes, stirring almost constantly to prevent it from sticking. Add the spices, salt, pepper, sugar, currants and tomato, and gradually the boiling stock. It will sizzle alarmingly as the stock touches the pan. Cover the pan with a cloth and tightly clamp on the lid. Simmer over the tiniest flame until all the liquid is absorbed, about 30 minutes. Uncover, stir in the parsley and sage, return the liver to the pan, re-cover, and leave the pan on the side of the stove for 15 minutes without any heat at all.

MUSSEL PILAU

A Balkan recipe, for which either fresh or bottled mussels may be used. If using fresh mussels make sure you clean them thoroughly. If using bottled ones, retain the liquid to be used when cooking the rice.

<i>2 cups rice</i>	<i>½ cup olive oil</i>
<i>2 dozen mussels or equivalent in bottles</i>	<i>3 finely chopped onions</i>
<i>4 cups boiling liquid, water or fish stock</i>	<i>a little fennel</i>
	<i>a little allspice</i>
	<i>salt and pepper to taste</i>

Heat the oil and lightly fry the mussels. Take them from the pan, put aside but keep hot. Add the onions to the pan and fry until they begin to change colour, then add the rice, stir well, add the salt, pepper, allspice and fennel. Cook for 5 minutes. Slowly pour in the liquid, bring once to the boil, cover the pan with a cloth and a lid, and simmer gently for about 30 minutes, or until all the liquid is absorbed. Return the mussels to the pan, cover, and leave for 20 minutes on the side of the stove.

LAMB PILAU WITH A
YOGHOURT SAUCE

A pilau with an unusual flavour. Bottled yoghurt, which one buys today from almost any dairy, can be used in place of the usual thick yoghurt we find in the Balkans.

<i>2 cups rice, and</i>	<i>2 oz butter or other fat</i>
<i>2 oz rice</i>	<i>3 bottles yoghourt</i>
<i>1 lb boneless lamb</i>	<i>salt and pepper</i>
<i>3 chopped onions</i>	<i>a little coriander or parsley</i>

Cook the lamb with the onions, salt and pepper and plenty of water until the meat is tender—rather more tender than we usually cook our meat in England. Take the meat from the pan. See that there are five cups of boiling liquid in the pot. Bring this to the boil, then add the two cups of rice, and cook over a medium heat until the liquid is completely absorbed. Add the butter, cover the pan and put it aside while you prepare your sauce.

Mix the yoghourt with one pint of water (or meat stock) and bring it to the boil. It will not curdle. Throw in the two ounces of rice, add salt, pepper, and the coriander, and cover the pan. Cook until the rice is soft, about 15 minutes.

Arrange the pilau on a large platter, pile the meat on the top, and then pour the sauce over it. Serve hot.

A little tomato purée can be blended into the sauce.

CHICKEN PILAU WITH WINE SAUCE

(France)

<i>1 chicken</i>	<i>1 bayleaf</i>
<i>celery leaves</i>	<i>1 carrot</i>
<i>chopped onion</i>	<i>salt and pepper</i>

Put the chicken into a large pan with plenty of water. Add a handful of celery leaves, about one chopped onion, a carrot, bayleaf, salt and pepper. Bring quickly to the boil, lower the heat and simmer until the chicken is tender. Skin and bone it, chop the meat into medium-sized pieces and keep hot. Throw the skin and bones back into the pot, add enough water to bring the liquid up to two and a half pints. Continue simmering until required, then strain.

1 lb rice	4 oz chopped mushrooms
4 oz butter	6 finely chopped spring
1 chopped clove garlic	onions, with green parts

Heat the butter. Lightly sauté the garlic, mushrooms, and onions. Add the rice, stir well, and when it becomes brown add two pints of the chicken stock, strained and boiling. Bring once to the boil, cook fairly quickly for 10 minutes, then cover and simmer very gently until all the liquid is absorbed.

While the rice is cooking, prepare a sauce.

$\frac{1}{2}$ pint chicken stock	2 beaten egg yolks
1 oz cornflour	$\frac{1}{4}$ pint dry white wine
2 oz butter	

Heat the butter, stir in the cornflour and cook for 3 or 4 minutes. Gradually add the chicken stock, stirring all the time, and simmer gently for another 15 minutes. Add the wine and continue to cook slowly for 5 minutes. Pour the sauce into the beaten egg yolks, stirring all the time.

Still stirring, return the pan to the fire, and cook very slowly for a further 5 minutes. If the sauce is too thick add either more stock, water or wine.

Turn the pilau out on to a large hot platter. Arrange the pieces of chicken meat on the top and pour the sauce over it. Serve hot.

MINCED MEAT PILAU

8 oz rice	1½ pints liquid
1 lb minced raw beef	salt and pepper
1 large chopped onion	2 oz dripping or other fat
1 small tin tomato purée	

Heat the fat and fry the onion until it begins to change colour. Add the meat, and when this is brown add the rice and simmer until it becomes almost transparent. Stir the ingredients well together. Dilute the tomato purée with one and a half pints of water or stock, add plenty of salt and pepper and bring to the boil. Gradually pour this into the pan with the rice and meat, cover with a cloth and the lid, and continue to cook over a very low heat—simmering point—until all the liquid is absorbed. Turn out on to a large platter to serve.

CHICKEN PURDAH PILAU

(Middle East)

The word purdah actually comes from the Persian and means a door or a screen. But women who are in purdah

when out of doors envelop themselves in an all-concealing shroud, which varies from country to country, from the filmy veil of the modern Syrian woman, to the burkha worn by the Pakistani and Indian Muslim woman, which is like a huge white tent with only a lattice-work opening across the eyes.

So a purdah pilau is one that is enveloped, not in a shroud but in a thin layer of pastry and baked in an oven. Properly made these pilaus are delicious and the thin pastry keeps them moist. Although this recipe is for a chicken pilau, any type of pilau can be thrust into the pastry cover.

8 oz rice	6 oz flour
1 chicken	1 egg
1 small chopped onion	$\frac{1}{2}$ teaspoon baking powder
5 oz butter	salt and pepper
juice of 2 or 3 tomatoes	water

Wash the rice in several changes of water, shake well, then let it dry. Clean the chicken and put into a pan with the onion and cook until the chicken is quite tender and the meat easily removed from the bones. Strip the meat from the bones and cut into fairly small pieces. Strain the stock.

Heat four ounces of butter and add two pints of the strained chicken stock—if you haven't enough, make up with boiling water. Add salt and pepper to taste, but be generous with both. Add the tomato juice, bring the stock to boiling point, then add the rice and cook until it is tender—but not too soft.

In the meantime make the pastry. Sift the flour with a little salt and the baking powder. Beat the egg and stir into the flour. Add enough water to make a firm dough. Rub a little butter on your hands and knead the dough until it feels like a ball of elastic, then roll it out on to a board until it is so thin that you can read through it—in Persia and other countries where this pilau is eaten, they literally can read through the pastry. Grease a shallow tin about six inches in diameter and lay the pastry on the bottom. Fill it with the rice and chicken in alternate layers. Fold over the edges of the pastry until they meet and the pilau is completely covered. Dot with butter and bake in a moderate oven until the pastry is a golden brown. Serve hot with a sauce for European taste, although the sauce is not strictly necessary.

I also recommend that some sautéed almonds, pistachios and raisins should be added to the rice—also ‘spices to taste’.

When serving this pilau to guests I have often found it simpler to serve individual portions, dividing the dough into large squares. The result looks like an apple dumpling and it is rather amusing to see the look of surprise on the guests’ faces

SPICED PRAWN PILAU (*India*)

1½ lb rice	cloves, coriander, carda-	
2 dozen prawns	moms and cinnamon)	
4 oz butter	6 whole cloves	} tied in mus- lin
3 pints fish stock or water	6 whole cardamoms	
2 peeled, chopped tomatoes	2 inch-piece	
a few slices fresh ginger	cinnamon	
(optional)	salt and chilli pepper to	
2 teaspoons mixed spices	taste	
(equal portions of ground	fried cashew-nuts	

The prawns used in this recipe should be fairly large. Use the shells, heads, tails, etc, for making the stock. In India prawns are brought from the market by the cook still very much alive and they are a translucent grey mass. Once in the pan they change almost immediately into firm, pale pink fish. However, as this freshness is not often possible in England, buy your prawns as you can.

Heat the butter and lightly fry the shelled prawns until they are fairly brown. Take from the pan. Stir the mixed spice and ginger into the butter, cook for 3 minutes, add salt and chilli pepper, then the tomatoes. Simmer until these are very soft, then return the prawns to the sauce, and continue simmering until required.

Bring the stock or water to the boil, add the rice and the spices in their muslin bag. Cook over a rapid heat until the rice is tender. Remove the muslin bag, take out half of the rice and put this aside. Spread the rice still in the pan with prawns and tomato sauce, then cover this with the rice that you have taken from the pan. Put the

pan into a warm oven, or on the side of the stove, and leave for 30 minutes. Turn out on to a large hot platter and garnish with fried cashew-nuts. Failing cashew-nuts, sliced blanched and fried almonds will do as well.

FISH PILAU (*India*)

We are apt to think that pilau means simply rice, raisins and almonds, with perhaps chicken. This conception is quite erroneous, for in the East, where pilaus are prepared every day, fish is as popular an ingredient as meat—more so, for many Eastern peoples are vegetarians of some sort or another.

This particular recipe is prepared with pomfret, a flat fish with something of the shape and flavour of our plaice, but coarser in texture and not so delicate in flavour. Any firm white fish may be used.

$1\frac{1}{2}$ lb rice	6 whole cardamoms	} tied in mus- lin
2 lb fish	6 whole cloves	
3 pints fish stock	2 inch-piece	
2 sliced onions	cinnamon	
4 oz butter	2 teaspoons mixed spice	
salt and chilli pepper to taste	(equal quantities of ground cloves, cinnamon, coriander and cardamom)	
a few slices fresh ginger (optional)		

Bone the fish and cut the flesh into inch-square pieces. Use the bones, skin, head and tail for making a stock.

Heat the butter and fry the onions until they begin to change colour. Add salt, chilli pepper and ginger. Simmer for 3 or 4 minutes. Add the fish and fry until brown. Keep this hot while the rice is cooking.

Bring the stock to the boil—be sure you have three pints. Add the spices in the muslin bag and the rice. Cook over a medium heat until the rice is tender but not soft. Drain away any remaining liquid (if it is not all absorbed) and turn the rice into a fireproof dish, rather large and shallow. Mix into it the fish, sprinkle with the mixed spice, cover and put into a warm oven. Leave for 30 minutes. Serve hot.

It is usual to serve such pilaus with chutneys, pickled gherkins—the sour variety—and also with a bowl of chilled yoghurt. If you mix some yoghurt with finely chopped onion, tomato and a little parsley, you will have an excellent fresh Indian chutney which will give an added interest to an already excellent pilau.

Sufficient for six to eight people.

MANGO PILAU

‘The mango,’ said an Indian friend, ‘like the sari, is one of the gifts of India to the world. Anyone who is not transplanted to a gourmet’s paradise by its luscious flavours is fit for treason, stratagems and spoils.’ Well, as far as the mango is concerned I am, as the Americans might say, all with the Indians. As mangoes are often either not available or very expensive in Britain and America, you could try out this recipe with three large

and very juicy peaches, for the flesh of a ripe mango has the same colour, and has plenty of sweet juice.

1 lb rice	$\frac{1}{4}$ pint thick cream
3 ripe mangoes	1 teaspoon powdered
1 pint milk	cardamom
2 tablespoons sugar	$\frac{1}{2}$ teaspoon grated nutmeg
1 cup rose-water	$\frac{1}{4}$ teaspoon saffron
3 oz butter	pinch of salt

Soak the saffron in about three tablespoons of rose-water. Clean and wash the rice and soak it for 2 hours in eight cups of water. Cut open the mangoes, remove the flesh and squeeze from this all the juice you can.

Put the rice into a pan of boiling water and boil rapidly until it is half-cooked. Add salt and turn the rice into a colander. Drain thoroughly, rinse under cold water, and shake the rice until it is free from every scrap of water. Bring the milk with the sugar to the boil, add the rice and simmer. In another pan heat the butter, stir in the mango juice and leave it to simmer gently over a low heat. As it begins to thicken stir in the cream and continue to cook slowly until the mixture is fairly thick.

Add the remaining rose-water, cardamom and nutmeg and cook for a few minutes or so more.

Gradually pour the rice into the sauce and continue cooking slowly until all the ingredients are well blended.

Serve as a pudding. This pilau is moist, rather like a boiled rice pudding, but with a very definite and exotic flavour which is quite delicious.

Tinned mangoes are often available in speciality shops.

SWEET PILAU (*Pakistan*)

1 lb long grain rice	2 oz blanched and sliced
4 oz butter	almonds
6 cloves	1 oz toasted cashew-nuts
4 cardamoms	1 oz pistachio nuts
1 inch-piece cinnamon	$\frac{1}{2}$ teaspoon turmeric or saffron
6-8 peppercorns	mixed with $\frac{1}{2}$ cup warm water
1 oz sultanas	sugar to taste, about 1 teaspoon

Heat the butter and fry the cinnamon, peppercorns, cloves and cardamoms, add the rice and the turmeric or saffron. Fry, stirring all the while, for 5 minutes. Add enough boiling water to cover the rice. Cook over a low fire until the rice is almost tender, then add the sultanas, sugar and nuts. Cover the pan, put over a low heat and leave it until all the liquid has been absorbed by the rice. Remove the whole spices before serving the pilau.

EGG PILAU (*Persia*)

A very simple pilau which can be made when camping.

8 oz long grain rice	chopped parsley
2 pints chicken stock	a pinch paprika for garnish
(or tinned equivalent)	salt and pepper
3 well-beaten eggs	

Heat the stock to boiling point, add salt and pepper, if required, then throw in the rice and cook until it is

tender—15 minutes or so. Cover the pan with a cloth and a lid, and put aside over a very low simmering heat until the rice has absorbed all the liquid. Stir in the eggs while the rice is still piping hot—the heat of the rice cooks the eggs. Turn the pilau out on to a platter and serve with a sprinkling of paprika pepper, and chopped parsley.

When adding the eggs use a wooden fork and lift the rice as you stir.

AEGEAN PILAU (*Turkey*)

A dish which unusually marries rice with spaghetti.

<i>2 cups rice</i>	<i>4 oz blanched almonds or</i>
<i>3 oz broken spaghetti</i>	<i>pistachio nuts</i>
<i>1 chicken</i>	<i>5 cups boiling chicken stock</i>
<i>1 onion</i>	<i>2 oz butter</i>
	<i>salt and pepper</i>

Cook the chicken with the onion in plenty of salted water until it is so tender that the flesh almost literally falls from the carcass. Cut the flesh into small pieces. Strain the stock, and make sure you have five cups.

Heat the butter and lightly fry the spaghetti until it is light brown. Take it from the pan. Add the nuts and when brown remove these from the pan also.

Bring the stock again to the boil, add the spaghetti, the rice, salt, pepper, nuts, and the chicken meat. Cover the pan with a cloth, clamp the lid on tightly, bring the stock once more to the boil, then put the pan aside and

simmer over a low heat for 30 minutes. Remove the lid and the cloth, and leave the pan by the side of the stove for another 20 minutes.

Turn out on to a large platter and garnish with a large pat or two of butter.

PARTRIDGE PILAU (*Pakistan*)

In Pakistan there is a considerable amount of game. The local partridge is a less exclusive creature than its British counterpart. But this recipe may be used with almost any type of game bird, and very well indeed with the humbler pigeon.

1 <i>lb rice</i>	6 <i>freshly ground peppercorns</i>
4 <i>partridges</i>	3 <i>crushed cardamoms</i>
4 <i>cloves garlic</i>	6 <i>oz butter</i>
1 <i>sliced onion</i>	<i>salt and pepper to taste</i>

If the partridges are young, and they should be, allow one to each person. Pluck, singe, clean and truss each partridge. Crush one clove of garlic and mix it in one pint of tepid water. Wash the partridges with this and then again in salted water. Pat, dry, and prick with a fork all over. Rub in salt. Simmer the partridges in plenty of water until tender. Take them from the pan.

Heat the butter, fry the onion until crisp and brown, and remove it from the pan with as little fat as possible. Keep hot until required. Crush the remaining garlic, add this to the fat with the peppercorns, cardamoms and the

RICE COOKING

partridges. Turn the birds around to brown all over, then take from the pan. Stir in the rice, and when it begins to change colour, return the partridges. Add the partridge stock—there must be three pints of this—salt and pepper, and bring once rapidly to the boil. Lower the heat, cover the pan and simmer until the rice has absorbed all the stock and is tender. Uncover the pan and leave on the side of the stove for 15 minutes, where it is warm but the rice cannot cook any more. Turn out on to a large hot platter, garnish with the fried onions and, if inclined, with fried almonds and raisins as well.

PILAU OF QUAIL

Prepare a pilau, as plain or as fancy as you like.

<i>quails</i>	<i>lemon juice and sherry</i>
<i>pork fat</i>	<i>meat stock</i>
<i>butter</i>	<i>flour</i>
<i>salt and pepper</i>	<i>tinned pimento</i>

The number of quails depends on your shooting or pocket, but into each put a little pounded pork fat. Heat some butter in a shallow saucepan, add pepper and salt, and slowly simmer the quails until tender.

Take them from the pan but keep them hot. With the remaining fat and dripping from the quails, make a sauce. Add a little flour to thicken, lemon juice and sherry to taste, and enough meat stock to make a medium-thick sauce. Turn the pilau on to a hot platter, make small

hollows to hold the quails, pour into each well a little of the sauce, then fill each with a quail. Serve the rest of the sauce in a separate container, and serve all as hot as possible, garnished with strips of tinned pimento.

INVALID PILAU

1 cup rice

2 pints chicken stock

1 tablespoon butter

salt and pepper

Put the stock in a pan with the butter and bring to the boil. Add the rice, salt and pepper, and simmer gently until the rice is cooked almost to a paste.

In the Balkans this dish is given to people suffering from tummy upsets. It is rather like a soup. Sometimes a little tomato purée is added to give flavour and colour.

PILAU OF TINNED SALMON

1 lb rice

salt and pepper

1 medium or large tin salmon

handful green peas—tinned

3 chopped tomatoes

or fresh

1-2 minced onions

2 oz butter for frying

1-2 crushed cloves garlic

garnish: butter, lemon juice

*4 pints boiling fish stock or
water*

and parsley

If no fish stock is available, use water mixed with the liquid strained from the salmon.

Heat the butter, fry the onions and garlic until brown, add the rice, stir, and continue to fry for 5 minutes before adding the tomatoes. Simmer for a few moments, then stir in the stock or water and bring to the boil. Cook over a medium heat for 15 minutes, stir in the salmon (break into small pieces first), add the peas, salt and pepper, and lower the heat to simmering point for 25 minutes. Turn the rice out on to a large platter, garnish with a pat of butter and fresh parsley. Sprinkle lightly with lemon juice. Enough for four people and very quickly and easily prepared.

VI
RISOTTOS

RISOTTO

Rice in Italy in its most popular form means risotto. 'Il riso nasce nell'acqua, e deve morire nel vino' is an ancient Italian proverb which means, 'Rice is born in water, but it dies in wine.' This is well borne out in most Italian risotto recipes.

Rice is the *pasta* of the north, and risotto takes the place of the pasta course, so beloved by the southern Italians. It also takes the place of the soup and is, with one main and important exception, always a dish to stand alone. The exception is the Risotto Milanaise which, in its simplest form, is served with Osso Buco, Italy's most famous ragout or stew, a delicious dish of veal knuckles.

For most of us, especially in these days of diets and figure-conscious families, the risotto, served with a salad, a bottle of wine and a bowl of fruit, is a meal in itself. It may be an inexpensive meal but it is one which can show almost loving care—true gastronomy sans d'argent. It can be made with the freshest of vegetables and even with left-overs; it can be plain or 'alla Finanziere' with chicken livers and even truffles; it can be plainly boiled, or the rice first fried and then boiled. In Italy risotto is always cooked in stock—indeed the Italians always cook rice in stock and never in water.

An important point when cooking Italian dishes: try to find Italian rice. It is usually short, fat and round. It should, when properly cooked, appear with each grain separate, although the risotto is never as dry as a pilau.

On the contrary it should have a slightly damp, almost sticky, appearance, but by this I do not mean glutinous.

And Italians never, repeat never, wash their rice, either before or after cooking. Rinsing rice in cold running water after it has been cooked is regarded by the average, simple but excellent Italian cook as rank stupidity.

BASIC RISOTTO

<i>1 lb Italian rice</i>	<i>$\frac{1}{4}$ teaspoon saffron</i>
<i>2 pints boiling well-salted meat stock</i>	<i>plenty of grated cheese butter</i>

Bring the stock to the boil and slowly add the rice. Cook over a medium heat for 20 minutes, or until the rice has absorbed all the liquid. Stir in the saffron, and when the rice is coloured, stir in plenty of grated cheese and some butter. Continue to stir and simmer until both these ingredients are well blended into the rice. Serve on a large hot platter with a bowl of grated cheese.

Add a salad and a bottle of red wine, and you have a light but splendid luncheon.

RISOTTO ALLA MILANESE

Although Risotto alla Milanese can stand alone as a main dish it is usually served in Italy with Osso Buco.

- | | |
|--|---|
| 1 lb short grain rice,
preferably Piedmont | $\frac{1}{2}$ pint white wine |
| about 1 tablespoon chopped
onion | 1 $\frac{1}{2}$ quarts boiling chicken
stock |
| $\frac{1}{4}$ teaspoon saffron, soaked
in water | 5 oz butter |
| 2 oz beef marrow | salt and pepper |
| | grated Parmesan cheese |

Slowly heat four ounces of butter and the beef marrow in a large saucepan. Add the onion and continue to cook until this begins to change colour. Stir in the rice and continue stirring to avoid sticking until the rice becomes almost transparent. Gradually pour in the wine and cook until it evaporates, then add a cup of chicken stock, stir the rice, add salt and pepper if required, and, as the rice absorbs the liquid, gradually add more and more stock until it is all in the pan. Finally stir in the saffron and continue cooking until the stock is all absorbed. This should take in all about 20 minutes' cooking. Add the remaining butter, and when this has melted turn the risotto on to a large platter and serve it at once with plenty of grated Parmesan cheese.

The cheese may also be stirred into the rice after the extra butter has been put in, and the rice stirred until the cheese has melted. How much you use depends on personal taste, but at least four ounces would be required for a good hearty cheese flavour.

RISOTTO OF CHICKEN LIVERS ‡(Italy)

1 lb rice	salt and pepper
4 oz butter	3 skinned and chopped
$\frac{1}{2}$ finely chopped onion	tomatoes
8 oz chicken livers	$\frac{1}{2}$ glass white wine
4 oz finely chopped mushrooms	3 pints boiling chicken stock
$\frac{1}{2}$ finely chopped red pepper	grated Parmesan cheese

Heat the butter in a saucepan and very lightly fry the onion and chicken livers, the latter chopped as finely or coarsely as you like. Add the mushrooms, tomatoes, red pepper and finally the rice. Fry for 15 minutes, stirring constantly, then add the chicken stock, the wine, salt and pepper. Cover the pan tightly and leave on the lowest possible heat until all the liquid is absorbed. Serve with grated Parmesan cheese.

Or, pack the risotto into a buttered ring-mould. Put into a warm oven and leave long enough for the rice to keep its shape when turned out of the mould. Turn out on to a large round dish, brush the rice with melted butter and serve surrounded by steamed chicory or celery, and grated cheese in a separate dish.

The Italians would use dried mushrooms, previously soaked for about 30 minutes.

RICE AND OYSTER RISOTTO

Tinned oysters may be used for this dish, unless you live somewhere where fresh oysters are cheap and plentiful.

8 oz rice	2 dozen oysters
1 chopped onion	salt to taste
1-2 chopped cloves garlic	2 cups liquid
3 tablespoons chopped parsley	4 oz butter or olive oil

Assuming that you are using tinned oysters, heat the butter or oil—olive oil is excellent—and lightly fry the onion, garlic and the parsley. After 2 minutes add the rice and, stirring continuously, cook until the rice begins to change colour. Add the liquid (this should be liquid from the tinned oysters with boiling fish stock or water) and salt, and cook until the rice is almost tender and most of the liquid absorbed. Add the oysters and continue to cook slowly until the rice has completely absorbed all the liquid.

A similar risotto could be made with mussels, small clams, cockles, etc.

RISOTTO WITH SHRIMPS (*Italy*)

1 lb rice	1-2 bayleaves
1½ pints shrimps	salt and pepper
1-2 cloves garlic	olive oil
1 small onion	1 tablespoon chopped onion
1 small carrot	5 oz butter
a sprig parsley	½ pint white wine

Clean and shell the shrimps, which should be alive if possible. Put three quarts of water into a large saucepan,

add the garlic, onion, carrot, parsley, bayleaves, salt and pepper, and the shrimp-shells, heads, etc. Cook slowly until the liquid is reduced to about two quarts. Drain.

Heat enough olive oil to boiling point to cook the shrimps until they become pink. Drain, put them aside and keep hot.

With the rice and the remaining ingredients prepare a risotto as for Risotto alla Milanese (*see page 104*), using one and a half quarts of the fish stock instead of chicken stock. When the rice is ready, turn it out on to a large platter and pile the shrimps on top.

RISOTTO OF LEFT-OVER BOILED RICE

You need about a pound of left-over rice for this recipe, or of course you can use freshly boiled rice.

Heat two or three ounces of butter or dripping in a deep pan. Add one or two finely chopped onions, fry until lightly browned, then stir in the rice, using a fork. When all the grains are separated, add either one tin of tomato juice or a tin of your favourite soup—asparagus, mushroom, chicken consommé, it does not matter which. Add salt and pepper, and simmer until the rice has almost become sticky, with a shiny, damp appearance. Serve hot. To this type of improvised dish you can add almost anything—a tablespoonful of peas or runner beans or a few mushrooms, tomatoes, even cold potatoes. They all go well together. Add a little sherry or white wine too if there is any around.

SWISS RISOTTO

This was prepared by a Swiss friend of mine, but whether it is true to call it a Swiss dish I cannot say.

8 oz rice	1 small clove finely chopped
1½ pints chicken stock	garlic
¼ pint white wine	3 oz butter
grated Swiss cheese	salt and pepper
1 small finely chopped onion	

Heat the butter and lightly fry the onion and garlic. Add the stock, the wine, salt and pepper, and bring to the boil. Dribble in the rice, keeping the stock boiling fast all the time, and cook rapidly for 5 minutes. Cover the pan, put it either to the side of the stove or over the lowest possible simmering heat. Leave until the rice has absorbed all the liquid. Add as much grated cheese as you like—stir this in with a fork or wooden spoon—until the cheese has melted. Serve with a fairly large piece of butter resting on the top—this not only looks handsome but adds to the flavour of the rice.

RICE, MUSHROOM AND
ONION RISOTTO

This is the kind of dish you might make when the larder is almost empty and you need something to eat in a hurry.

8 oz rice	1 small tin button-
2 oz butter	mushrooms
1 tin onion soup—preferably French	salt and pepper

Mix the soup with the liquid from the mushrooms and enough water to make one and a half pints. Bring to the boil.

Slice the mushrooms. Heat the butter, add the rice and fry until it begins to change colour. Add the mushrooms, continue frying for a minute or so, then add the soup, season to taste, and cook over a medium heat until the rice is tender. Served with grated cheese, salad and a bottle of wine, you have a simple and pleasant meal.

Enough for two people.

RICE AND SHRIMP RISOTTO

(The West Indies)

Although this recipe comes from the West Indies it resembles an Italian risotto. It is of course better made with fresh shrimps, but when these are not available tinned or bottled ones can take their place—but not the small potted shrimps, nice as they are.

8 oz rice	about 1½ pints fresh shrimps
1 finely chopped onion	1–2 cloves crushed garlic
1 small finely chopped green pepper	salt to taste
¼ teaspoon hot chilli pepper	2–3 oz butter or other cooking fat

Peel the shrimps and make one pint of stock with the heads and peelings.

Heat the butter and lightly fry the garlic, the green pepper and the onion. Add the rice, stir until it becomes almost transparent, but not brown. Add the fish stock gradually, stir well, and let the rice cook over a medium heat for about 15 minutes. Add the salt and the chilli pepper, then cover the rice with the shrimps. Cover the pan and continue to cook over a low flame for another 20 minutes. Serve very hot. Enough for about three people.

This is another dish which can be cooked on top of the stove, and if cooked and brought to the table in a casserole it looks more elegant if the shrimps are put on top.

CRAYFISH RISOTTO (*Louisiana, U.S.A.*)

1 <i>cup rice</i>	4 <i>oz butter</i>
2 <i>dozen crayfish (or Dublin Bay Prawns)</i>	<i>salt and pepper</i>
	1 <i>large egg yolk</i>
3 <i>pints court-bouillon</i>	$\frac{1}{2}$ <i>pint thick cream</i>
(<i>preferably with wine</i>)	<i>parsley</i>
1 <i>small finely chopped onion</i>	<i>flour</i>

Wash the crayfish and take out their intestinal tracts. Bring the court-bouillon to boiling point, then reduce the heat to simmering. Add the crayfish and cook them for 8 minutes. Remove them from the pan, put aside, but keep warm.

Strain the court-bouillon if necessary.

Heat half the butter, and lightly fry the onion. When this begins to brown, add the rice, and fry for 3 minutes, stirring all the time. Bring the court-bouillon to the boil and pour three cups of it over the rice. Cook over a very low heat for 20 minutes, or until the rice has absorbed all the liquid. Add salt and pepper if required.

While the rice is cooking prepare the crayfish. Remove the shells and fry gently in the remaining butter until they become a delicate golden colour. Sprinkle lightly with flour and continue frying, stirring almost all the while. Gradually pour in the cream and slowly bring almost to boiling point. Take the pan from the heat. Take a little of the sauce from the pan, mix this with the egg-yolk and beat until the mixture is smooth. Stir this back into the sauce and simmer for a few minutes.

Shape the rice into a ring—preferably on a round, hot platter. Fill the centre with the crayfish and sauce, and garnish with very fresh parsley.

SAVOURY RISOTTO RING

Make a risotto from any of the recipes. Pack it fairly tightly into a well-buttered ring-mould and put into a medium oven for 15 minutes. Turn out and fill the centre with any ingredient which marries with those you have used in the risotto.

VII

CASSEROLE DISHES

BASIC RECIPE FOR BAKED RICE

1 cup rice *salt to taste*
2 pints boiling stock or water *4 tablespoons olive oil*

Heat the oil in a large pan, add the rice and cook for 5 minutes over a low heat, stirring constantly. Add the stock, salt if required, bring it once more to the boil, then transfer the rice and stock to a casserole (or use the same pan if it is possible) and bake in a moderate oven until the rice has absorbed all the stock.

This method will produce almost infallibly good rice, with each grain separate. And to this recipe many everyday flavourings and seasonings may be added. Chopped and fried onion and garlic, or any amount of freshly chopped herbs, chopped (or whole) mushrooms, tomatoes, peeled and seeded, or in purée form, asparagus tips, or mixed vegetables. The list is endless.

The following casserole recipes do not all follow this basic recipe. In some you boil the rice first, then bake; in others you fry it—as in this recipe—then mix with the various ingredients. All more or less achieve the same result, proving again that it is the rice, as well as the cooking, that counts. Use long grain rice for your savoury casserole dishes.

CASSEROLE OF RICE, FISH AND
VEGETABLES

<i>2 cups cooked rice</i>	<i>2 cups tomatoes</i>
<i>2 cups uncooked fish—any kind</i>	<i>salt and pepper</i>
<i>1-2 chopped onions</i>	<i>½ cup dry breadcrumbs</i>
<i>2 cups grated raw potatoes</i>	<i>2 oz butter</i>
<i>1 cup grated raw carrots</i>	<i>3 oz cooking fat (or butter)</i>
<i>1 cup finely chopped celery</i>	<i>stock or water</i>

Heat the cooking fat and lightly fry the onions until soft, but not brown. Butter a casserole and arrange, in alternate layers, the rice, raw potatoes, carrots, celery, fish, onions and tomatoes. (Tinned tomatoes or stewed tomatoes plus liquid.) Season each layer with salt and pepper, add enough boiling stock or water to reach just to the top of the ingredients. Sprinkle with breadcrumbs and dot with butter. Bake in a medium oven for about 1 hour.

A recipe from Canada where measurements, as in America, are in cups. Use a measuring cup or a large breakfast cup, although in this type of recipe you can use your eyes and taste. Mushrooms would make a pleasant addition, so would some green peas.

Enough for four to six people.

RICE AND MINCED BEEF

8 oz rice	1 small chopped green
1 lb minced raw beef	pepper
about 3 oz butter or bacon	1 tablespoon chopped stuffed
fat	olives
1-2 finely chopped onions	1 dessertspoon chilli pepper
1 chopped clove garlic	salt to taste
3 peeled and chopped	1½ pints stock or water
tomatoes	

Heat half the butter or bacon fat and fry the rice until it begins to change colour. Take from the pan. Add the remaining fat, fry the onion and garlic for 2 or 3 minutes, then add the beef and the green pepper. Simmer gently for 10 minutes. Add the tomatoes, the chilli pepper—mix the latter first with water or stock—and cook for about 5 minutes.

Turn this mixture into a casserole, stir in the rice, add salt to taste, and the olives. Pour in the stock, cover, and bake in a moderate oven for 1 hour, or until the rice is tender and the liquid absorbed. Serve very hot.

Tinned pimento, if available, cut into strips, makes an excellent garnish. If you find the quantity of chilli pepper rather excessive, reduce according to taste.

RICE, BEEF AND
CABBAGE CASSEROLE

6 oz rice	1 medium cabbage
8 oz raw minced beef	stock
1 small minced onion	tomato purée
1 crushed clove garlic	salt and pepper

Cook the cabbage in boiling salted water until the leaves are soft enough to be easily separated. Mix the rice, beef, onion, garlic, salt and pepper together. Put a tablespoon of this mixture on to each of the cabbage leaves—which you should have separated. Roll these securely—remembering to leave space for the rice to swell—and arrange them at the bottom of a buttered casserole. Mix enough tomato purée with the stock to give a pleasant flavour and to cover the cabbage rolls. Add salt and pepper and bake in a moderate oven for about $1\frac{1}{2}$ hours.

Serve with a Creole sauce (*see page 245*) or yoghourt flavoured with tomato.

The number of rolls depends largely on the size of the leaves and what you understand by a tablespoon, but you should have about one dozen rolls.

RICE AND BEEF STEW CASSEROLE

<i>1 cup rice</i>	<i>1 lb small carrots</i>
<i>1-2 lb stewing beef</i>	<i>2 oz dripping</i>
<i>1 lb shelled peas</i>	<i>seasoned flour</i>
<i>1 lb very small onions</i>	<i>fresh parsley sprigs</i>
<i>1 large minced onion</i>	<i>salt and pepper</i>

Wash the meat, cut into cubes, removing excess fat. Roll in seasoned flour. Heat the dripping in a saucepan and fry the meat until brown. Take from the pan, put aside, but keep hot. Add the minced onion, fry until brown, then stir in one ounce of seasoned flour. Stir, and gradually pour in about three pints of water. Return the meat to the pan and cook slowly for 2 hours. Add the carrots, the small onions, salt and pepper as required, and finally the peas. Continue to cook until the vegetables are tender.

While the meat is cooking, boil the rice until soft in one and a half pints of boiling water. Drain off any liquid which may remain after the rice is tender.

Fill a casserole with the rice and make a deep hollow in the centre. Into this pour the stew and put the casserole into a moderate oven for around 15 or 20 minutes. Garnish with chopped parsley.

This can be made equally well with lamb or chicken stew. Sufficient for four to six people.

RICE, HAM AND
ASPARAGUS CASSEROLE

<i>3 cups cooked rice</i>	<i>½ cup cream or top of milk</i>
<i>2 cups cooked ham</i>	<i>fine breadcrumbs</i>
<i>4 oz grated cheese</i>	<i>butter</i>
<i>1 tin cream of asparagus soup</i>	<i>salt and pepper asparagus tips</i>

Arrange the rice, ham and cheese in layers in a buttered casserole—or you can mix the ingredients together. Season to taste. Add the soup, mixed with the cream, making sure it penetrates well into all corners, sprinkle the top with a layer of breadcrumbs, and dot with butter. Bake in a moderate oven for 20 minutes. Take the casserole from the oven, garnish with asparagus tips, return to the oven to continue baking until the asparagus is hot. Serve hot with a cheese sauce (*see page 248*).

RICE MUSAKA

<i>2 cups cooked rice</i>	<i>2 finely chopped onions</i>
<i>1 large firm cauliflower</i>	<i>3 slices fat bacon</i>
<i>1 lb minced pork or beef</i>	<i>salt and pepper</i>

Cook the cauliflower in plenty of salted water until tender, but not too soft. Drain (keeping the water) and break into flowerets. Fry the bacon until the fat runs, add the onions and lightly brown, then the meat. Season and simmer gently for 15 minutes. Arrange the rice in a

casserole, spread with meat and onion—the bacon and fat too if you like—then carefully arrange the cauliflower to make a good-looking cover. Add just a little of the cauliflower liquid and bake in a moderate oven for about 45 minutes.

I like to beat one or two eggs with some grated cheese, salt and pepper, and, 15 minutes before the musaka is ready, pour this mixture over the cauliflower, and return it to the oven and bake until a crust forms.

RICE SHEPHERD'S PIE

<i>2 cups cooked rice</i>	<i>salt and pepper</i>
<i>1 lb raw minced beef</i>	<i>fine breadcrumbs</i>
<i>1 large chopped onion</i>	<i>butter</i>
<i>1 large chopped tomato</i>	<i>2-3 oz dripping or other</i>
<i>1 pint meat stock</i>	<i>fat for frying</i>

Heat the dripping and lightly fry the onion and the meat. Add the tomato and simmer for about 15 minutes. Arrange a layer of rice in a buttered casserole, spread with the meat mixture, season, add the stock, then cover with the remaining rice. Sprinkle with breadcrumbs and dot with butter. Bake in a moderate oven for about 40 minutes.

Serve with a sauce.

RICE, LAMB AND AUBERGINE

<i>1 cup rice</i>	<i>2 pints meat stock</i>
<i>1½ lb lamb cutlets</i>	<i>1-2 crushed cloves garlic</i>
<i>1 large sliced and peeled aubergine</i>	<i>salt and pepper</i>
<i>1 chopped onion</i>	<i>olive oil or dripping for frying</i>
<i>4 sliced tomatoes</i>	

Rub the cutlets with the crushed garlic—but do not discard the latter, it will be needed later. Sprinkle the aubergine with salt, put the slices between two plates and leave for 1 hour. Then wipe free of salt and the natural liquid which oozes from the aubergine.

Heat enough oil or dripping in a frying pan to brown the onion and garlic, then add the meat. When this is brown, arrange the cutlets and onion in a casserole. Add more oil or fat to the pan—aubergines use a lot of either—and brown the slices of aubergine on both sides. Spread these as they brown over the cutlets. Fry the tomatoes and add these to the casserole. Finally add the rice, the stock, salt and pepper, and put the casserole in a moderate oven to bake for about 2 hours.

For those who do not care for garlic, use chopped mint as an extra flavouring. Enough for four people.

RICE WITH COOKED MEAT

<i>3 cups boiled rice</i>	<i>1-2 tablespoons tomato juice</i>
<i>4 cups diced cooked meat</i>	<i>salt and pepper</i>
<i>2 oz dripping or other fat</i>	<i>grated cheese</i>
<i>$\frac{1}{4}$ pint white wine</i>	<i>butter</i>

Heat the fat and lightly fry the meat just enough to brown it. Add the wine, tomato juice, salt and pepper, and simmer gently for 5 minutes.

Arrange a layer of rice in a greased casserole and cover with a layer of the meat and sauce. Repeat until all the ingredients are used up—finishing with a layer of rice on top. Sprinkle liberally with grated cheese, dot with butter, and bake in a moderate oven for about 25 minutes.

If you have no wine, use a meat stock or gravy. The flavour is obviously not the same, but the main purpose of the sauce is to moisten the meat and rice.

RICE WITH LIVER AND ONION

<i>8 oz rice</i>	<i>$\frac{1}{4}$ pint white wine</i>
<i>1 lb calf's liver</i>	<i>salt and pepper</i>
<i>1 chopped onion</i>	<i>2 pints hot stock</i>
<i>1 crushed clove garlic</i>	<i>2 tablespoons lemon juice</i>
<i>handful chopped parsley</i>	<i>4 oz butter</i>

Heat half the butter and fry the rice until it begins to look transparent. Turn into a casserole.

Finely slice the liver. Heat the remaining butter, fry

and brown the liver, add the onion, garlic and lemon juice. Simmer for a short while before adding salt, pepper and wine. Continue to cook gently until the wine evaporates. Stir this mixture into the rice, add the stock, cover, and bake in a slow oven until the rice has absorbed all the stock. Remove cover and leave in the oven until the rice is dry.

RICE WITH PORK CHOPS

8 oz <i>rice</i>	2 pints <i>meat stock</i>
6 <i>pork chops</i>	a little <i>fresh chopped thyme</i>
1 <i>large sliced onion</i>	<i>pork fat or dripping for</i>
1 <i>large sliced tomato</i>	<i>frying</i>
1 <i>chopped green pepper</i>	<i>salt and pepper</i>

Heat a little fat or dripping and brown the chops on both sides. Put these in a greased casserole. Cover with onion and tomato, sprinkle with chopped pepper, add salt and pepper to taste, the thyme, rice, and finally the stock—which should be hot.

Bake in a warm oven until the rice has completely absorbed the stock. Serve with a green salad and sliced, fresh cooked beetroot.

As an alternative use sliced tart apples or morello cherries instead of the onion and tomatoes.

This type of casserole dish can remain for several hours in the oven provided it is not too hot.

RICE AND TURKEY CASSEROLE

No, I do not propose that you should rush out and buy a turkey. Just keep this recipe in mind after Christmas when you are thinking up new ways to use the left-over turkey.

<i>1 lb rice</i>	<i>salt and pepper</i>
<i>2 cups chopped cold turkey, or more if you have it</i>	<i>1 small tin button- mushrooms</i>
<i>1 large chopped onion</i>	<i>4 tablespoons grated cheese</i>
<i>4 oz butter</i>	

Heat three ounces of butter and fry the onion. Add the rice and fry until it begins to look transparent. Chop the mushrooms—each one into two or three pieces—and sauté. Add three pints of water (if available, of course, stock made from the turkey bones would be better) and bring to the boil. Lower the heat, add salt and pepper, cover the pan and cook for 30 minutes—by which time the rice will have absorbed all the liquid. Carefully stir in the turkey and the grated cheese. Put the rice into a casserole, dot with butter, and bake in a moderate oven for about 15 minutes to dry the rice.

Sufficient for four people. Can be served with frozen green peas and cranberry jelly.

RICE AND ASPARAGUS AU GRATIN

8 oz rice	<i>butter</i>
8-12 asparagus tips	<i>grated cheese</i>
1½ pints liquid	<i>crushed mace or nutmeg</i>
¼ pint white wine	<i>paprika</i>
salt and pepper	

The liquid can either be boiling stock, or water in which you have cooked the asparagus. Or, if you use tinned asparagus, which is more than likely, use the liquid from this, plus water to make up the amount.

Heat the liquid, add the wine, bring quickly to the boil, add the rice, salt and pepper. Cook over a fast heat until the rice is quite tender, then draw the pan aside and leave to simmer until all the liquid is absorbed. Butter a casserole and fill it with rice. Garnish with the asparagus tips and sprinkle generously with grated cheese. Dot with butter. Sprinkle with crushed mace or nutmeg and a little paprika.

Instead of covering the asparagus tips with grated cheese you could use a white creamy sauce, in which, if you are feeling sufficiently extravagant, you could put fresh cream and a little wine, as well as eggs.

Bake in a fairly hot oven until the top has become a light golden brown. Serves four to six, according to appetite.

RICE WITH FRESH MUSHROOMS

<i>1 cup rice</i>	<i>plenty chopped parsley</i>
<i>½ lb mushrooms</i>	<i>½ cup olive oil</i>
<i>1 crushed clove garlic</i>	<i>salt and pepper</i>
<i>2 large chopped onions</i>	<i>boiling water or stock</i>
<i>small tin tomato purée</i>	

Whether you peel the mushrooms depends on your own school of thought. Some experts do and equally famous experts do not.

So, first clean the mushrooms, then sauté them in a little of the oil. Take from the pan, put aside, but keep hot. Put the remaining oil into the same pan, heat again, then add the onions and garlic, and cook without browning. Add the rice and when this begins to change colour, cover with boiling water (or stock) until the water is just two inches above the rice. Add salt and pepper, the tomato purée, stir thoroughly, and return the mushrooms to the pan. Add the parsley. Stir again, cover, and put the casserole into a moderate oven and bake for 1 hour.

Failing fresh mushrooms use tinned.

BAKED ALMOND RICE WITH
RED WINE

1 <i>cup rice</i>	2 <i>tablespoons chopped spring</i>
2 <i>pints chicken stock</i>	<i>onions—with green part</i>
$\frac{1}{4}$ <i>pint red wine</i>	1 <i>tablespoon chopped chives</i>
8 <i>oz blanched almonds</i>	4 <i>oz butter or olive oil</i>
1 <i>small chopped green</i>	<i>salt and pepper</i>
<i>pepper</i>	

Heat three ounces of butter or oil, lightly fry the onions, chives and chopped pepper. Add the rice and simmer until it looks almost transparent. Bring the stock to the boil and gradually pour on to the rice. Add salt and pepper if required. Let the rice cook fairly rapidly for 15 minutes. In the meantime heat the remaining butter or oil and quickly sauté the almonds—they may be whole or in slivers, as you wish. As soon as they are brown, and this takes a matter of seconds, add the red wine, and simmer until this evaporates. Stir half the almonds with any sauce they may have into the rice and turn this into a buttered casserole to bake in a moderate oven for about half an hour. Just before the rice is ready for serving, take from the oven and garnish with the remaining almonds.

Serve as a luncheon dish with a green salad and certainly a bottle of wine. A sauce may be added, if required, and also almond rice can be offered as an accompaniment to roast chicken.

SAVOURY RICE PUDDING

<i>6 oz rice</i>	<i>3 egg whites, stiffly beaten</i>
<i>1½ pints chicken stock</i>	<i>2 egg yolks</i>
<i>2 oz grated cheese</i>	<i>2 oz butter</i>
<i>4 oz chopped ham</i>	<i>salt and pepper</i>

Bring the stock to the boil, add the rice, and cook rapidly until tender. Drain.

Beat the butter with the egg yolks until creamy, add the grated cheese, salt, pepper and the ham. Stir this mixture well into the hot rice. Fold in the egg whites and pour all this into a buttered casserole. Bake very slowly for 1 hour, or even longer.

A very light luncheon dish which could be served with a sauce and a salad.

GREEN RICE CASSEROLE

<i>3 cups cooked rice</i>	<i>1 cup chopped cooked spinach</i>
<i>2 beaten eggs</i>	
<i>1 cup cream or top of milk</i>	<i>3 tablespoons grated cheese</i>
<i>3 oz butter</i>	<i>1 small minced onion</i>
<i>3 tablespoons chopped parsley</i>	<i>salt and pepper</i>

Mix all these ingredients together and turn into a buttered casserole. Bake in a medium oven for about 40 minutes.

If you like to have a crusty brown top sprinkle the rice

with breadcrumbs and dot it with butter, or mix the breadcrumbs with a beaten egg and then dot it with butter before baking.

A useful Lenten dish, or can be eaten with meat or fish.

BAKED RICE WITH EGGS

8 oz rice

6-8 eggs

$\frac{1}{2}$ lb chopped tomatoes

salt and pepper

1 small chopped onion

4 pints boiling stock

4 oz grated cheese

butter for frying

Cook the rice in the stock until quite tender. Drain well. Heat a little butter and lightly fry the onion, add the tomatoes, and continue to cook slowly until these are soft. Add salt and pepper and stir until the mixture is like a sauce. Mix this with some of the cheese into the rice, and turn into a shallow but fairly large casserole. Make six or eight shallow wells in the rice and into each drop one whole egg. Sprinkle with grated cheese, salt and pepper. Bake in a moderate oven until the eggs are firm, but not hard. This is a complete luncheon dish in itself, and could be served with a piquant sauce.

MEXICAN CASSEROLE OF YELLOW RICE

I do not guarantee that a Mexican would recognize this dish as one of his own, any more than the Spaniard

would recognize Spanish Rice, or, for that matter, the Russian 'Russian Fluff' which was another name given me for a recipe identical with Spanish Rice. But what's in a name?

<i>1 cup rice</i>	<i>chopped green olives</i>
<i>2 eggs</i>	<i>chopped parsley</i>
<i>½ coffeespoon saffron, soaked in water</i>	<i>1 oz raisins</i>
<i>1 chopped onion</i>	<i>1-2 hard-boiled eggs</i>
<i>2 crushed cloves garlic</i>	<i>1-2 bananas</i>
<i>2 chopped tomatoes</i>	<i>3-4 oz butter</i>
<i>1 chopped sweet pepper</i>	<i>salt and pepper to taste</i>

Cook the rice rapidly in boiling water until it is tender. Beat the eggs with the saffron-water and stir this quickly into the rice while it is still steaming hot. Butter a casserole and cover the bottom with half the rice.

Heat the remaining butter and lightly fry the onion, garlic, parsley, tomatoes, olives, raisins, and the chopped pepper. Spread this mixture over the rice in the casserole. Slice the bananas in medium-thick rounds and fry on both sides until brown. Spread these over the rest of the ingredients in the casserole. Slice or chop the hard-boiled eggs and lay these on top of the bananas. Add any hot fat which may still be in the pan and the remaining rice. Bake in a medium oven for about 15-20 minutes. Serve hot.

WILD RICE AND OYSTER CASSEROLE (*America*)

If wild rice is not available—and it seldom is outside America—use long grain white rice for this recipe.

3-4 cups cooked hot rice	2 oz flour
2 dozen small oysters	4 oz butter
1-2 finely chopped onions	fine breadcrumbs
3 sticks finely chopped celery	salt and pepper
chopped parsley to taste	

Heat half the butter and lightly fry the onions and celery. Sprinkle in the flour, stirring it well into the other ingredients and, when blended, add the rice, salt, pepper and parsley. Simmer for a few minutes.

Heat the remaining butter and sauté the oysters until they begin to curl up round the edges.

Turn the rice into a buttered casserole, cover with the oysters, sprinkle lightly with breadcrumbs and the butter in which you sautéed the oysters. Put the casserole in a warm oven for about 10 minutes just to brown the breadcrumbs. Serve hot with a sherry cream sauce (*see page 249*).

Failing fresh oysters, tinned ones or mussels will give good results.

SPANISH RICE (*America*)

<i>1 cup rice</i>	<i>1 chopped green pepper</i>
<i>6 rashers fat bacon</i>	<i>4 cups diluted tomato juice</i>
<i>2 chopped onions</i>	<i>salt, pepper and paprika</i>

Cut the bacon into strips and fry until the fat runs and the bacon is crisp—you need at least two tablespoons of fat. Brown the onions and the pepper. Add the rice, stir until it changes colour. Add seasoning and half the tomato juice. Turn into a greased casserole and bake in a moderate oven until the rice is tender and has absorbed all the tomato juice—gradually adding the remaining juice as the rice absorbs it.

RICE AND VEGETABLE CASSEROLE

<i>8 oz rice</i>	<i>breadcrumbs</i>
<i>1 small cauliflower</i>	<i>chopped parsley</i>
<i>4 oz diced bacon</i>	<i>salt and pepper</i>
<i>diced carrots and peas to taste</i>	<i>1 oz flour</i>
<i>2 egg yolks</i>	<i>2 oz butter</i>
<i>1 stiffly beaten egg white</i>	<i>paprika pepper for garnishing</i>
<i>2-4 oz grated cheese</i>	

Cook the rice until soft either in boiling, salted water, or stock, if it is available. Cook the cauliflower, carrots and peas until just soft. Stir the bacon into the rice just before it is ready. Drain the cauliflower (keep the water) and,

when it is cool enough to handle, break into flowerets.

Drain the rice, let it slightly cool, then fold in the egg white. Turn into a buttered casserole. Moisten with some of the cauliflower stock, then add the carrots, peas, and finally the cauliflower flowerets. Arrange to look as much like an unbroken cauliflower as possible.

Heat half the butter, stir in the flour, and, gradually, sufficient of the vegetable stock to make a thick sauce. Add salt, pepper, the chopped parsley, and finally the egg yolks. Pour this sauce over the cauliflower, sprinkle lightly with breadcrumbs, dot with butter, and flavour with paprika pepper. Bake in a moderate oven until a crust has been formed.

A little sherry can be added to the sauce.

VIII
MISCELLANEOUS

RICE WITH CHICORY

6 oz rice	2 oz butter
4 heads chicory	salt and pepper
1½ pints stock	parsley

Wash the chicory and cut lengthwise into two—if they are small, leave them whole. Heat the butter and gently simmer the chicory for a few minutes. Add salt and pepper to taste, then the stock. Cover the pan and slowly bring to the boil. Add the rice and continue to cook until tender, 15–20 minutes. Serve in a shallow dish, garnished with chopped parsley.

The same recipe may be used substituting heads of celery or leeks for chicory. If leeks are substituted, garnish with black olives.

RICE WITH SPINACH (*Middle East*)

8 oz rice	salt and pepper to taste
3 lb spinach	1 pint boiling stock
2 large thickly sliced onions	½ pint olive oil
1 small tin tomatoes	

Heat the oil in a large saucepan. Add the onions, cover the pan and cook gently until soft.

Wash and pick over the spinach. Cut into inch-long pieces and put into the pan with the onions, at the same

time adding the rice, tomatoes (with juice), salt, pepper and the boiling stock. Cover the pan and cook slowly until the rice has absorbed all the liquid. Stir with some care and serve with an onion and vinegar sauce.

SAUCE:

Very finely chop one large onion and mix it with half a pint of good quality vinegar. Pour this over the rice when already on the plates.

RICE WITH TRIPE (*Philippines*)

An unusual though easy way to cook tripe, and pleasant eating too.

<i>8 oz rice</i>	<i>1 small chopped onion</i>
<i>about 2 lb pre-cooked tripe</i>	<i>salt and pepper to taste</i>
<i>2-3 cloves chopped garlic</i>	<i>2 oz butter</i>

Usually tripe is sold pre-boiled. If it is not, then you must clean it thoroughly and cook in fresh water for about 8 hours.

Cut the tripe into small squares and cook for about 1 hour in plenty of salted water. Heat the butter and fry the onion and garlic. Add the rice, simmer until this begins to change colour, then add one and a half pints of liquid—take this from the tripe stock. Cook the rice until quite soft, add salt and pepper then stir in the (strained) tripe. Serve with a garlic, onion and pepper dressing.

DRESSING:

Heat two ounces of butter and fry until brown as many slivered cloves of garlic as your taste allows, some finely chopped spring onion with the green part as well, and about half a red pepper, very finely chopped.

RICE WITH VEGETABLES AND
FRANKFURTER SAUSAGE (*America*)

<i>6 cups boiled rice</i>	<i>2 oz flour</i>
<i>about 4-6 sliced frankfurter</i>	<i>1 pint (or a little more)</i>
<i>sausages</i>	<i>milk</i>
<i>roughly two cups cooked</i>	<i>1 teaspoon prepared</i>
<i>diced vegetables</i>	<i>mustard</i>
<i>1 small finely chopped onion</i>	<i>salt and pepper</i>
<i>3 oz butter</i>	

This is a dish of plain boiled rice with a substantial sauce.

SAUCE:

Heat the butter, add the onion and fry until soft but not brown. Sprinkle with flour, stir well, then gradually pour in the milk, enough to make a medium-thick sauce. Add the mustard, salt and pepper, and cook, stirring all the while, for about 6 minutes. Add the vegetables and finally the frankfurters. Continue to cook until these ingredients are all thoroughly heated.

Serve the rice in a large platter with the sauce poured over it. Serves six to eight.

Diced carrots, turnips, peas and green beans are useful vegetables for this American luncheon dish. I like to add one or two beaten eggs to a white sauce, and a little white wine can also be added.

CHILLI CON CARNE WITH RICE

(America)

Most of us know Chilli Con Carne as something which comes out of a tin. (Chilli, hot; carne, meat.) Served with rice, this is a delicious winter dish.

3 cups hot cooked rice	1 dessertspoon chilli pepper
1½ lb minced raw beef	—less if this is frightening
1 chopped onion	1 tablespoon brown vinegar
1 tin tomatoes	1 teaspoon brown sugar
½ pint stock	1 large tin red kidney beans
2 cloves chopped garlic	2 oz fat for frying
salt and pepper	1½ oz flour

Heat the fat and lightly fry the beef, garlic and onion until they begin to brown. Sprinkle with flour, stir, and flavour with salt and pepper. Add the tomatoes, break these up, then add the stock. Stir these ingredients together and add one and a half pints of water. Cover and simmer for 2 hours. Add the chilli pepper, vinegar, sugar and the beans. Stir and cook for a further 10 minutes. Fill individual potage bowls or soup plates with hot rice and cover with an ample serving of the chilli con carne.

You may find as you simmer that there is not enough liquid: if so, add either more boiling water or stock.

If you mix the chilli pepper with the vinegar you will find it easier to stir in with the other ingredients.

RICE WITH PORK LIVER AND BACON

<i>1 cup rice</i>	<i>chopped garlic to taste</i>
<i>1 lb pork liver</i>	<i>chopped parsley</i>
<i>6-8 lean bacon rashers</i>	<i>olive oil for frying</i>
<i>2 chopped onions</i>	<i>salt and pepper</i>

Slice or chop the liver and bacon. Heat two or three tablespoons of oil and fry both until brown. Add the rice, stir for 2 or 3 minutes, then cover with enough boiling water to reach one and a half inches above the rice. Add remaining ingredients and cook over a medium heat for about 45 minutes.

Stock can be used instead of water and a little red wine would not come amiss.

TOMATO RICE

<i>1 lb rice</i>	<i>1-2 cloves finely chopped</i>
<i>1 large tin tomato soup or</i>	<i>garlic</i>
<i>juice</i>	<i>salt and pepper to taste</i>
<i>1 large finely chopped onion</i>	<i>2-3 oz fat</i>

Heat the fat and fry the onion and garlic. Add the rice

and stir for 5 minutes. Add salt and pepper, the tomato soup and an equal quantity of water. Stir the rice for a minute or two, then cover the pan and leave over a low heat until the rice has completely absorbed the liquid, and is dry. Serve on a large platter, very hot.

Can be served with salads, a sauce, chopped vegetables, grated cheese, fried eggs, any kind of meat and, of course, sausages.

ITALIAN RICE MOULD

A dish from Naples, called locally Sartu.

First make a plain risotto (*see page 104*) using about ten ounces of rice.

SAUCE:

Heat two tablespoons of olive oil until very hot. Fry one large, finely chopped onion and a little garlic. When brown, add one or two peeled and finely chopped tomatoes, one ounce of chopped dried or fresh mushrooms, several chopped chicken livers, and add salt and pepper to taste. Simmer for about 5 minutes, then stir in half a pint of chicken stock and a quarter of a pint of dry white wine. Simmer for another 15 minutes, stirring frequently.

Grease a mould and sprinkle lightly with fine bread-crumbs. Fill with the cooked rice—mixing with it a tablespoon or so of the sauce—one or two chopped hard-boiled eggs and plenty of grated Parmesan cheese. Bake in a slow oven for 1 hour. Turn out to serve. Garnish

with a little of the sauce and serve hot, with the rest of the sauce served in a sauce-boat.

RICE, BEEF AND SWEET CORN

(America)

<i>2 cups cooked rice</i>	<i>4 cups stock, or water</i>
<i>1 lb minced raw beef</i>	<i>salt and pepper</i>
<i>1 tin sweet corn kernels,</i>	<i>chopped parsley</i>
<i>drained</i>	<i>dripping for frying</i>
<i>1 onion, sliced or chopped</i>	

Heat a little dripping and fry the onion and meat until brown. Add the rice and cook for 5 minutes, stirring frequently. Add the corn, parsley, salt and pepper, and gradually the stock. Cover tightly and simmer gently for 30 minutes; uncover and leave for 10 minutes.

You can mix the liquid from the corn with the stock but do not increase the liquid quantity over four cups.

RICE A LA VALENCIA *(Philippines)*

A dish inherited from the Spaniards with some local and tropical touches added, yet remaining basically the same. No Filipino fiesta would be considered complete without several huge platters of this rice medley.

<i>6 cups rice</i>	<i>1 small red pepper cut into strips</i>
<i>2 jointed plump chickens</i>	<i>1 cup green peas, cooked or tinned</i>
<i>1 lb pork cut into cubes</i>	<i>$\frac{1}{4}$ cup stoned and chopped olives</i>
<i>2 small sliced garlic sausages</i>	<i>2-3 hard-boiled eggs cut into quarters</i>
<i>4 oz butter</i>	<i>3 cups water</i>
<i>2-3 crushed cloves garlic</i>	<i>2 cups coconut milk</i>
<i>1-2 sliced onions</i>	
<i>4 large chopped tomatoes</i>	
<i>salt and pepper</i>	

Rub the chickens and pork with salt and pepper. In a deep pan—a paella pan is best—heat half the butter and fry the chickens until brown. Take them from the pan, but keep hot. Heat the remaining butter and fry the garlic, onions, tomatoes, pork and sausages for about 10 minutes. Return the chicken to the pan and simmer until the meat is tender. Add the rice, coconut milk and water. Continue to cook until the rice is almost tender, then, using a wooden spoon, carefully stir in the peas and olives. Add salt and pepper to taste and simmer until the rice is dry. Serve the rice, if possible, in the dish in which it has been cooked, garnished with hard-boiled eggs and strips of red pepper, preferably tinned.

Serves eight to ten people.

PAELLA (*Spain*)

Paella is a famous Spanish savoury rice dish, named after the pan in which it is cooked, an oval metal pan with a

handle at each end. A characteristic of the dish is that meat and fish are cooked together.

There are no hard-and-fast rules for making paella. Certain ingredients are traditional—chicken, lobster, a variety of shell-fish, onion, peppers, artichokes, and, of course, rice. The following recipe is sufficient for eight or ten people.

<i>2-3 lb rice</i>	<i>4 oz Spanish-type smoked ham, if available</i>
<i>1 large tender chicken</i>	<i>1 small Spanish garlic sausage (choriza), if available</i>
<i>1-2 large sliced onions</i>	
<i>1-2 large sliced and seeded peppers</i>	
<i>1-2 large chopped tomatoes</i>	<i>about one cup green peas</i>
<i>2 cloves crushed garlic</i>	<i>salt and pepper</i>
<i>about 2 lb cooked lobster meat</i>	<i>good pinch saffron</i>
<i>about one dozen prepared mussels</i>	<i>plenty of olive oil for frying</i>
	<i>4-5 pints boiling stock</i>

Joint the chicken into at least eight pieces. Cut the ham into small pieces. Cook the peas until tender.

Cover the bottom of the pan with oil. Fry the garlic, onions, peppers. Remove half the peppers, put them aside, but keep hot. They are to be used later as a garnish. Add the tomatoes, the chicken and the ham. Simmer until the chicken is brown, then add the sausage.

Continue simmering for a few minutes, add the rice, stir from time to time, and cook until the rice begins to brown. Add the saffron, salt and pepper to the stock, then stir this into the rice. Cook rapidly for 5 minutes, then

simmer for 15 minutes. If necessary add more boiling stock. Do not stir the rice after the stock has been added. About 5 minutes before the rice is ready, that is, when it has reached the desired tenderness, add the peas, the lobster, and mussels. Continue cooking for another 5 minutes. Serve in the pan, garnished with the remaining fresh peppers.

If you have them, small fresh or tinned artichokes can also be added, or artichoke bottoms cut into pieces.

Or you can garnish the paella with cooked mussels, still in their shells. Frozen peas are rather too tender for paella, they tend to disintegrate. Failing garden peas, I suggest good quality tinned peas. The garlic sausage is usually available in Soho—some cooks add cubes of pork as well, or beans. If chicken is too expensive and rabbit is available, use this as a substitute.

Paella has the advantage of being a one-dish meal, yet makes an excellent party piece.

RICE WITH EGGS AND BANANAS

<i>8 oz rice</i>	<i>a few blades mace</i>
<i>¼ lb butter or olive oil</i>	<i>1-2 (or more) cloves garlic</i>
<i>2 sliced onions</i>	<i>boiling stock</i>
<i>1 inch-piece cinnamon</i>	<i>4 fried eggs</i>
<i>a few cloves</i>	<i>4 bananas</i>

Wash the rice thoroughly, then soak in cold water for 10 minutes. Heat the butter to boiling point, add the onions, and fry to a light brown. Strain the onions from

the fat, put aside, but keep hot. Add the cinnamon, mace, cloves and garlic to the very hot butter, stir, add the rice and continue stirring with a wooden spatula until the rice begins to look transparent. Add enough stock to reach about one and a quarter inches above the rice. Cover the pan with a cloth, clamp on the lid, and simmer very gently until the rice has absorbed the stock. Put the pan on the side of the stove and leave until the rice is dry. Serve garnished with the fried onions, fried eggs, and fried bananas.

When you fry the eggs, do them one at a time and try to make them round with crisp, curling edges. One egg for each person is usual.

Choose firm bananas, not too ripe, slice them lengthwise, and fry carefully in butter until brown but not mushy.

When you turn the rice into the serving platter, remove the spices.

Serves four.

SPANISH RICE

<i>1 cup rice</i>	<i>1 small tin tomato purée</i>
<i>1 tender chicken</i>	<i>some tinned pimento cut</i>
<i>1 minced onion</i>	<i>into strips</i>
<i>2 crushed cloves garlic</i>	<i>1 lb cooked peas, or</i>
<i>3 cups boiling chicken stock</i>	<i>equivalent tinned</i>
<i>salt and pepper</i>	<i>½ cup olive oil</i>

Make the stock from the giblets, neck, legs, etc, of the

chicken, and joint the chicken into pieces suitable for serving.

Heat the oil and fry the chicken pieces until a golden brown. Remove from the pan, with as little of the oil as possible. Add the rice—and fry this until brown, stirring all the while. Add the onion, garlic, the tomato purée, and finally the boiling stock. Add salt and pepper, and stir well. Bring once to the boil, add the chicken, cover the pan, then lower the heat to simmering point. After 20 minutes add the peas, and continue to cook for another 10 minutes. Uncover, and let the rice dry. Turn out to serve—unless you are using a paella pan—and garnish with the strips of pimento.

RICE AND PEAS (*Haiti*)

'Mama no want no rice nor peas.' All through the West Indies and other Caribbean islands they sing this song in varying forms. And in varying ways they cook rice and peas—actually the red peas are beans—several times a week—which is probably why 'Mama no want no rice nor peas.' She has eaten them once too often.

2 cups rice
1½ cups red beans
1 oz coarsely chopped
smoked bacon
2 oz salted bacon
4 oz butter

a little chopped fresh thyme
a sprig chopped parsley
1 dessertspoon chopped
chives
1-2 cloves garlic
salt to taste

Pick over the beans and soak overnight. Wash and dry the rice.

Put ten cups of water into a saucepan, add the salted bacon, chives, parsley, thyme and beans. Cook over a medium heat until the beans are tender but still whole. Take from the pan with a perforated spoon but keep the liquid still boiling. Heat the butter in another large pan, add the smoked bacon and fry until crisp. Add the beans, simmer them in the fat, stirring often, until they are almost crisp. Add six cups of the bean liquid, garlic and salt. Let this come to a quick boil, then throw in the rice. Cook briskly until air pockets form in the mass and the water has all evaporated. Reduce the heat to the lowest possible simmering point, cover the pan, and leave for 20-30 minutes.

Turn out on to a large platter and serve hot. This makes a very substantial meal.

BROWN RAISIN RICE (*South Africa*)

1 cup rice	pinch of salt
3 cups water	1 cup raisins
grated rind half a lemon	2 oz butter
1 inch-piece cinnamon	3 oz sugar
$\frac{1}{4}$ teaspoon turmeric	

Thoroughly wash the rice and put into a heavy saucepan. Add the water, lemon rind, cinnamon, turmeric and salt. Cover, bring to the boil and allow to boil for 15 minutes over a low heat. Remove the cinnamon. Add the raisins

and continue to cook until the rice is tender, but not pulpy. Stir the butter and sugar into the rice with care.

This form of rice may be eaten as an accompaniment to meat or as a supper dish with cream and milk, rather as one serves porridge.

COCONUT RICE (*Burma*)

The Burmese are great rice eaters, and coconut rice is one of their specialities.

1 *lb rice*

2 *large coarsely chopped*

2-3 *coconuts*

onions

1-2 *teaspoons salt*

Break the coconuts, scrape out all the flesh and squeeze out three pints of coconut milk (*see page 265*). Clean the rice and put into a pan large enough to be almost filled by the rice when cooked. Cover with coconut milk one inch above the rice. Add the salt and onions and put the pan over a medium heat. Cover and cook until the rice swells. Turn over from time to time with a wooden fork. When all the liquid is absorbed, shake the pan. If a dry rice is preferred, put it for a short time (in the same pot) in a warm oven. It should not be too dry but slightly moist, each grain separate. Serve on a large, hot platter.

There are many dishes which accompany coconut rice. The Burmans, who are particularly fond of fish, like to serve a crayfish side-dish. Here is the recipe:

Clean with care some very fresh crayfish, keeping the

fat and the head and tail meat. Fry some finely chopped onions and garlic in a little sesame oil, and when these are almost cooked, add the crayfish meat, sprinkle lightly with turmeric and salt, stir, and fry over a quick fire for 5 minutes only. Serve hot over the rice.

If you have no sesame oil, you can use olive oil or any cooking fat of your choice. Dublin Bay Prawns can take the place of crayfish.

YELLOW RICE

A Europeanized version of a famous Indonesian dish called Nasi Kunning, which is very pleasant to eat. To make the required quantity of coconut milk you will need two coconuts.

<i>1 lb long grain rice</i>	<i>some chopped celery leaves</i>
<i>3 pints coconut milk</i>	<i>fried black soya beans</i>
<i>½ coffeespoon turmeric</i>	<i>(optional)</i>
<i>2 eggs</i>	<i>1-2 fresh hot chillies</i>
<i>salt</i>	<i>a little butter</i>
<i>1 thinly sliced onion</i>	

Make the coconut milk as described on page 265. Bring this slowly to the boil with the chillies, and add salt to taste. Add the rice and turmeric and continue cooking rather slowly until all the milk is absorbed. Put the pan on the side of the stove and leave the rice over almost no heat at all until it is dry and fluffy.

In the meantime, heat a teaspoon of butter, lightly beat

the eggs and make a thin omelette. While still hot, cut this into narrow strips. In the same butter—you will need to add a little more—fry the onion until brown. Turn the rice out on to a large platter, garnish with celery leaves, the strips of omelette, fried onion and soya beans. Fried nuts may also be added. Serve either alone or with roast or fried chicken.

Failing celery leaves, try fresh watercress.

YELLOW RICE (*Brazil*)

Although this recipe comes from Brazil, it is found fairly generally throughout Latin America.

12 oz rice	<i>small piece cinnamon</i>
1 coconut	<i>a pinch turmeric</i>
4 oz butter	<i>2 sliced onions</i>
6 cloves	<i>salt and pepper</i>

GARNISH:

fried bananas
hard-boiled eggs or fried eggs

Break the coconut and grate all the flesh. Put this into a large basin and pour over it one pint of water. Leave for 20 minutes, then squeeze it in a piece of muslin cloth, or push it through a fine wire sieve. Put the liquid aside. Return the coconut to the basin, cover again with a pint of water, and leave for another 20 minutes. Repeat the

squeezing. You require two pints of liquid. After this the coconut has no more use as you have squeezed out all its flavour. Add just enough powdered turmeric to the milk to turn it to a creamy yellow colour.

Heat the butter, lightly brown the onions, then the rice. Add the coconut milk and the cloves, cinnamon, salt and pepper, and cook briskly for 5 minutes, then lower the heat and continue to cook until the rice is tender. Take care the rice does not burn, so stir carefully from time to time.

Serve on a large platter, garnished with fried bananas and hard-boiled eggs which have been lightly fried, or fried eggs.

FRIED RICE (*Singapore*)

'Nasi Goreng' means fried rice, and is a favourite Malay dish, which is generally popular throughout the East.

1 lb cold boiled rice	6 oz cooked chicken breast
4-6 minced onions	(or pork, if not Moslem)
2 finely chopped spring onions—green part as well	2 beaten eggs
6 oz chopped prawns	2 chopped red chilli peppers
4 oz chopped ham (this is a European touch, for Moslems do not eat ham)	2 sticks diced celery
2 oz sliced mushrooms	4 oz butter, cooking fat or oil (sesame or peanut oil is best, but it is a matter of taste)
	salt to taste

Heat the fat and fry the minced onions and the chillies until brown. Add the prawns, mushrooms, ham, chicken or pork (or both mixed), and stir well. Add the rice, stir carefully using a wooden fork, and when all the ingredients are properly blended, add the eggs. Continue to stir until the eggs are cooked and the rice is quite dry. Finally add the diced celery and the spring onions, and when these two ingredients are well mixed into the rice, turn the mixture out on to a large platter and serve as hot as possible.

Serves six to eight people.

In Singapore and Malaya this dish and a Malay curry usually share the honours among Europeans for Sunday lunch. They are preceded by several gin drinks and followed by a delicious sweet called Gula Malacca which, alas, finds no place in this book as its main ingredient is tapioca.

CHINESE FRIED RICE

In Chinese cooking there are hundreds of ways of preparing rice, but many of the everyday Chinese rice dishes are too difficult for us to reproduce for lack of the right ingredients and utensils; sometimes, too, because the necessary patience and taste are missing.

Fried rice is a popular dish with most people, and although similar to rice dishes of other countries, Chinese fried rice has important differences, which include the use of sesame and peanut oil; cutting all the ingredients to equal sizes; the freshness of these ingredients; the

round Chinese cooking pots which retain the heat; the tremendous heat of the fire, and, finally, the deft, swift moving hands of the Chinese cook. Watching the preparation of a Chinese meal is both fascinating and exhilarating.

3 <i>heaped cups cooked rice,</i>	4 <i>tablespoons light soya</i>
<i>boiled Chinese-style</i>	<i>sauce</i>
(see page 19)	1 <i>teaspoon salt</i>
$\frac{1}{2}$ <i>lb prawns</i>	3 <i>tablespoons chopped spring</i>
$\frac{1}{2}$ <i>lb cooked pork or chicken</i>	<i>onions with green part</i>
$\frac{1}{2}$ <i>cup peanut or sesame oil</i>	6 <i>slightly beaten eggs</i>
1 <i>cup green peas, cooked or</i>	$\frac{1}{2}$ <i>pint chicken stock</i>
<i>frozen</i>	

Heat a little oil in a large frying pan and make an omelette with the eggs. Take from the pan. Add the remaining oil, bring to the boil and quickly fry the prawns until brown. Remove with a perforated spoon.

Cut the omelette, prawns, pork or chicken into pieces of equal size, or as near as possible.

Re-heat the oil to boiling point again, add the rice and stir until the grains are separated. This takes 2 or 3 minutes and should be done carefully. Add the chopped ingredients, the peas, soya sauce and stock. Season to taste, mix everything together, bring once to the boil and serve immediately.

You may add very finely shredded white cabbage or, if you have them, bean sprouts. Chicken and pork are absolutely interchangeable in Chinese cooking.

RICE CHOP SUEY

An American dish which, despite its name, is not genuine Chinese, but makes a quick and pleasant luncheon meal.

1 cup uncooked rice	5 cups boiling meat stock or water
1 lb diced lean pork and veal mixed	soya sauce if available,
1 thinly sliced onion	otherwise use Maggi or
1 finely chopped whole head celery	Lea and Perrins
1 finely chopped small green pepper	Worcester Sauce, to taste
salt and pepper	2-3 oz butter or other cooking fat

Heat the fat until it is very hot, then lightly brown the onion, add the meat and, when brown, add the rice and fry for about 5 minutes. Gradually add the stock or water and cook for about 2 minutes, then add the remaining ingredients. Bring the mixture once to the boil, cover the pan, lower the heat and simmer for about 30 minutes. Uncover for the last 10 minutes of cooking. Serve hot.

Enough for four to six people.

MEXICAN RICE

The list of ingredients looks formidable but, with the exception of the green pepper, you probably have all of them in the kitchen and in the small quantities required.

1 lb rice	2 tablespoons finely chopped
1-2 diced slices ham	chives
2-3 diced carrots	2 tablespoons finely chopped
$\frac{1}{2}$ lb shucked fresh garden	parsley
peas	a little finely chopped fresh
3-4 diced sticks celery	marjoram (if available)
1 finely chopped green	$\frac{1}{4}$ cup olive oil
pepper	1 cup chicken stock
1-2 minced onions	3 oz grated sharp-flavoured
1-2 crushed cloves	cheese (optional)
3-4 peeled and chopped ripe	butter
tomatoes	salt and pepper

Soak the rice for 1 hour, wash three or four times, drain thoroughly and dry. Heat the oil in a large saucepan, fry the rice until it begins to look transparent, and stir to prevent sticking or burning. Add enough hot, but not boiling, water to cover the rice by one inch, and cook over a fair heat for 6 minutes. Lower the heat to simmering point, add the remaining ingredients, except the butter and cheese, stir these well into the rice, cover the pan and, still over the lowest possible heat, continue to cook for another 30 minutes, or until the rice is dry and tender. Turn out on to a large platter, dot with butter and sprinkle with cheese. Or, better still, serve in the pan in which you have cooked the rice. For those to whom a casserole dish is easier, turn the rice into a large, greased casserole, dot with butter and sprinkle with cheese, then put into a warm oven for a few minutes before serving.

SAFFRON RICE (*Spanish Style*)

1 cup rice	salt
1 minced onion	1½ pints chicken or other
1 crushed clove garlic	meat stock
pinch saffron	3 tablespoons olive oil

Heat the oil, fry the onion and garlic until soft, but not brown. Add the rice, saffron and salt. Stir really well to colour all the rice. Add stock, which must be boiling, and cook for 15-20 minutes. From time to time stir with a wooden fork. Put the pan on the side of the stove to dry out the rice and absorb the last of the stock.

BUTTERED RICE

8 oz rice	1-2 oz butter
2 pints boiling water or stock	1-2 finely chopped onions salt and pepper

Heat the butter and very lightly fry the onions until soft—they should not change colour. Add the rice, stir, and fry for 10 minutes. Add the stock and seasonings, stirring all the while. Cover the pan and cook over a simmering heat for about 30 minutes, or until all the liquid has been absorbed.

Buttered rice can be served with any meat or vegetable dish, also packed into a mould, or in individual dariole tins, and baked long enough to 'set' the rice into shape. Unmould with care.

This is quite a useful recipe, if not exciting. The small mounds of rice, however, look attractive with meat or fish dishes, or they can be used as a vehicle for a filling sauce.

SPICED RICE (*India; Parsi*)

8 oz rice	1 inch-piece cinnamon
2 oz butter or other cooking fat or oil	6 peppercorns
2 finely sliced onions	1 teaspoon sugar
6 crushed cardamoms	2 breakfast cups boiling water
6 cloves	1 teaspoon salt
1 teaspoon cumin seeds	

Beat one ounce of butter or fat and lightly fry the onions. Take these from the pan, put aside, but keep very hot. In the same pan, while it is still greasy, fry the sugar until it begins to smoke, add water, salt, remaining fat, and spices. Bring the water once to the boil, cook rapidly for 2 or 3 minutes, then add the rice and cook over a medium heat for 15 minutes, or until tender. Stir the rice twice with a wooden spatula to let the steam escape. If any water remains after you have cooked the rice, pour it off. Before serving remove the whole spices, turn the rice out on to a large flat dish, and sprinkle with the hot fried onions.

Fried nuts may be added, as well as fried currants or raisins.

CHESTNUT RICE (*Japan*)

The people of Japan happily eat rice three times a day. It is usually boiled, and served in a lovely porcelain rice-bowl with a tightly fitting lid. Rice to the Japanese is the West's potato, bread or cabbage. It is something to eat with the side dishes—a subsidiary, although an important one, to every meal.

The following recipe is an autumnal dish and served only at a festive or ceremonial meal.

5 cups rice	2 tablespoons sake
30 chestnuts	6 cups water
3 tablespoons shoyu sauce	1 teaspoon salt

Wash the rice. Peel the chestnuts, both the thick skin and the slightly hairy undercover. Soak for a short while.

Put all the ingredients into a very large pot with the water, salt and shoyu. Bring to the boil over a good heat, then lower to simmering point and continue to cook for about 20 minutes, with the pan well covered. Put the pot aside, still covered, and leave for yet another 10 minutes. Serve hot.

Shoyu is the Japanese-style soya sauce. A dry white wine can take the place of *sake*.

JAMBALAYA (*America*)

A dish from Louisiana, the deep south, where there is more than a hint of France and ancient Spain in the habits and cooking of the people.

2 cups rice	2 cups tomato pulp
3 diced rashers bacon	$\frac{1}{4}$ cup stock
1 large finely chopped onion	3 cups diced cooked chicken,
2 finely chopped green peppers	ham, tongue, turkey and
chopped mushrooms to taste	veal mixed
garlic to taste	butter for frying
	salt and pepper

Cook the rice in boiling water until it is just tender. Drain. In another pan heat about one ounce of butter, add the diced bacon, let the fat run from this, then add the onion, and continue frying until it begins to change colour. Add the peppers, mushrooms, garlic and, after a few minutes, the tomato pulp and stock, and bring gently to boiling point. Stir in the rice, add salt and pepper, and cook over a medium heat for about 5 minutes. Add the cooked meats and simmer until these are thoroughly reheated.

Turn on to a hot platter to serve.

This is but one way to prepare a famous dish. Other vegetables may be added, diced celery, or peas. Slices of Spanish hot sausage add to its piquancy. It can also be made with fish; simply replace the cooked meats by any fish, shellfish in particular, you may have to hand.

Very like a risotto.

RICE WITH DUCK (*South America*)

Oddly enough there are not many rice recipes which include duck. This one comes from Peru, but can easily be prepared in Europe.

1 lb rice	6 peppercorns
1 duck, about 6-8 lb, preferably rather lean	1 dessertspoon cumin seed
4 oz butter	1-2 cloves crushed garlic
2 finely chopped onions	salt and pepper
about 2 heaped tablespoons finely chopped mint	sherry glass brandy
	chilli pepper to taste
	boiling water

Clean the duck and cut into eight or ten pieces. Heat the butter in a large thick saucepan, add onions, peppercorns, mint, garlic and cumin seed, and fry for a minute or so. Add the pieces of duck and fry these until brown all over. Add salt and pepper and four cups of boiling water. Cook slowly for about 1 hour. Wash the rice, drain, and add to the pot, arranging it around the pieces of duck. Pour in another three cups of boiling water, cover the pan tightly, and continue to cook until the rice is tender. Add the chilli pepper, stir this in lightly with a wooden spoon or fork, then add the brandy. Leave uncovered for 5 minutes. Take out the pieces of duck, arrange these on a large platter and surround with the rice.

KICHIRI OR RICE AND LENTILS (India and Pakistan)

2 cups rice	pinch ground turmeric
2 cups lentils	3 teaspoons salt

Mix the rice with the lentils. Bring five cups of water to the boil in a large saucepan, add the rice, lentils, salt and

turmeric. Stir well and cook over a medium heat for 30 minutes or until all the water is completely absorbed.

Serve very hot, with chutneys, or chilled yoghourt, melted butter, or just plain.

RICE NESTS OR BASKETS

8 oz rice	1 <i>tablespoon finely chopped</i>
1-2 oz butter	<i>parsley</i>
cream	<i>finely chopped bread-</i>
3 well-beaten eggs	<i>crumbs</i>
1 oz flour	<i>savoury filling</i>
2 oz grated cheese	<i>greaseproof paper</i>
salt and pepper	

Wash the rice thoroughly then cook in either a white stock or water until tender. When cooked, put the rice in the upper section of a steamer, add a little fresh cream, one ounce of butter, and gradually two well-beaten eggs. When the rice is really very soft, bring it once to boiling point, remove from the pan, add the cheese, flour and seasonings, and spread the mixture to a depth of two inches on a floured wooden board. Cover with buttered paper, place on it a heavy weight, and leave until quite cold. To shape the nests or baskets, cut out rounds with a pastry cutter. This must be frequently dipped into cold water. Hollow-out the centres. Roll each nest first in breadcrumbs, then beaten egg, and again in breadcrumbs. Leave for several hours before frying.

Fry in deep, boiling-hot fat to a golden colour. Drain

and serve hot with the centres filled with a hot savoury mixture. The filling can be almost anything, creamed fish, chicken, mushrooms, or scrambled eggs with sautéed peanuts. The variety is endless.

RICE NESTS WITH POACHED EGGS

Another, more simple method.

8 oz rice

6-8 eggs

2 pints salted water

Bring the water to the boil, add the rice, and cook rapidly until quite soft. Drain off any surplus water and leave until the rice is cool enough to handle. Shape the rice into nests and arrange them in a fireproof serving dish.

Lightly poach the eggs in any manner you like—in water, wine or tomato sauce. Drop one lightly poached egg into each rice ‘nest’ and bake in a warm oven long enough to re-heat the rice and eggs. It is a good idea to put the nests into a warm oven as soon as they are shaped, for, if the eggs are left too long in the oven, they become hard.

Serve with a creamy or piquant sauce, such as Creole Sauce (*see page 245*), or with a cheese and chopped olive sauce.

Instead of poached eggs, the nests can be filled with creamed chicken or fish, or scrambled eggs flavoured with roasted nuts or anchovies. Or you can drop in raw eggs, in which case you sprinkle the bottom of each ‘nest’

with grated cheese, and drop into it a whole raw egg adding a sliver of butter, then bake in a medium oven until set.

RICE RING

Mix two cups of cooked rice with about two tablespoons of melted butter and turn into a greased ring-mould. Put the mould in a pan of boiling water and bake in a moderate oven for 25 minutes. Un-mould on to a platter and fill the centre with creamed fish, veal, chicken or vegetables. Garnish the outside of the ring with green peas if the centre is not very colourful.

A recipe you can use with left-over rice of almost any flavour.

RICE BORDER

This is the Continental style of making a rice border. It can be used for almost any type of filling, creamed chicken or fish, blanquette de veau or goulash, as well as fruit salad and cream or stewed fruit, such as cherries, or tinned peaches and apricots.

Wash the rice several times until the last water runs clear. Drain thoroughly. Throw it into a saucepan with three cups of white stock (or water if for a sweet dish). Cook over a medium heat for 30 minutes, then stir two ounces of butter into the rice and continue cooking for yet another 20-25 minutes. While the rice is cooking, beat three large egg yolks with about three tablespoons of

cream or top of the milk. Add salt—plenty if for a savoury ring. Stir the beaten eggs and cream into the rice. Put the pan on the side of the stove.

Butter a ring-mould and pack the rice firmly into this. Let it stand for about 10 minutes in a warm—not hot—oven. Carefully invert the mould on to a round hot dish to turn out. Fill the centre with the desired filling. Can be served either hot or cold.

RICE RING WITH CREAMED DUCK

This is quite an elegant dish, yet it can be made with left-over duck.

<i>1 cup rice</i>	<i>pinch nutmeg and powdered</i>
<i>2 cups cooked, diced duck</i>	<i>cloves</i>
<i>meat</i>	<i>1 cup hot Creole Sauce</i>
<i>1½ pints thin white sauce</i>	<i>about 1 dozen chopped</i>
<i>3 egg yolks</i>	<i>black olives</i>
<i>4 tablespoons thick cream</i>	<i>butter</i>
<i>salt and pepper</i>	

Heat the white sauce—which must be very thin—add the rice and cook it gently for 20 minutes. Add salt, pepper, nutmeg and cloves, and continue to cook for another 15 minutes—a little longer if the rice is not quite soft. Beat the egg yolks, add the cream, and continue to beat for a minute or so more, until the two are well-blended. Stir this into the hot rice, taking care the eggs do not curdle. Pack the rice into a buttered ring-mould and

place in another pan filled with boiling water. Bake in a slow oven for about 15 minutes, or long enough for the ring to set.

Heat the Creole Sauce (*see page 245*), add the duck meat and the olives. Simmer very gently for 1 or 2 minutes. Unmould the rice on a hot round platter. Fill with the duck and its sauce, and serve. Very fresh or frozen peas would be good with this dish.

If you do not like olives, use mushrooms.

RICE AND CHEESE LOAF

1 cup rice	2 tablespoons finely chopped
1-2 cloves garlic	parsley
1½ cups milk	salt and pepper
½ lb grated sharp cheese	mustard to taste
2 eggs	cooked peas or grilled
finely chopped onion or	tomatoes
chives to taste	sauce

Cook the rice in boiling, salted water with the garlic until soft. Drain thoroughly. While the rice is cooking, heat the milk and stir in the cheese. Cook slowly until the cheese melts. Add mustard, and a little salt and pepper. Beat the eggs, adding the onion or chives, parsley, and finally the milk-cheese mixture as you beat. Mix this with the rice and pour into a buttered loaf-tin and bake in a moderate oven for about 1 hour. Turn out to serve, garnished with peas or grilled tomatoes, and a piquant sauce.

SAVOURY RICE FRITTERS

8 oz rice	<i>a small glass wine</i>
1½ pints milk	1 oz butter
3 beaten egg yolks	salt and pepper
3 beaten egg whites	olive oil for frying
2 oz flour	

Pick over the rice, wash it if you prefer, and then cook it in the milk until it is quite soft, adding a pinch of salt. Stir in the butter and add salt and pepper to taste. Slightly cool, add the egg yolks and the flour and, when well-blended, fold in the egg whites. Lastly, add the wine.

Heat plenty of olive oil, and when it is boiling drop the mixture into it, a tablespoon at a time, and fry until brown. Drain and serve hot.

Almost any kind of savoury or sweet sauce can be served with these fritters.

To this mixture can be added finely chopped parsley or other herbs, or minced meats—liver, tongue, ham, etc. Or cheese, chopped mushrooms, and tomato juice instead of wine.

RICE 'SAUSAGES'

Cook about six or eight ounces of rice until quite soft. Drain. Mix with an equal quantity of finely chopped cooked meat—veal, chicken, lamb, etc, salt and pepper, and bind with one or two egg yolks. Leave to 'set', then

break off pieces of the mixture and shape into 'sausages'. Roll these first in breadcrumbs, then beaten egg, then again breadcrumbs. Fry in very hot fat and serve with vegetables and a tomato or Creole Sauce (*see page 245*).

RICE CROQUETTES

2 cups cooked rice
3 tablespoons butter
3 tablespoons flour
salt to taste

1½ cups of milk
1 slightly beaten egg
fine breadcrumbs
fat for frying

Heat the butter in a saucepan, gradually blend in the flour, and cook slowly, stirring all the while, for 3 or 4 minutes, then gradually add the milk and continue stirring until the mixture is thick. Add the rice and stir well into the sauce. Turn this mixture out on to a board or plate and leave to cool. Break off pieces and form into croquettes—you will get six to eight croquettes from this amount according to size. Roll these in breadcrumbs, then beaten egg, and again crumbs. Leave for about 30 minutes to allow the coating to set. Fry in deep, hot fat until browned. Drain and serve hot with a sauce, and vegetables.

RICE CROQUETTES STUFFED
WITH MUSHROOMS

1 cup rice	<i>fine breadcrumbs</i>
$\frac{1}{2}$ lb fresh mushrooms—or equivalent tinned	1-2 beaten eggs salt and pepper
1 minced onion	fat or olive oil for frying
1 oz flour	Egg and Lemon Sauce
1 tablespoon tomato purée	

Cook the mushrooms in salted water until tender. Drain, chop, and put aside until required. Add to the mushroom stock enough water to make four cups of liquid. Season to taste, bring to the boil, add the rice and cook until very tender. Drain and cool.

While the rice is cooking, heat a little fat or oil, fry the onion until soft, sprinkle in the flour, stir well, then add the mushrooms, the tomato purée and just enough water to make the mixture thick enough to shape into 'marbles'.

Take about two tablespoons of the rice and form into croquettes. Push a hole into the centre of each and fill with one of the mushroom balls. Close it firmly. Repeat until all the rice and stuffing is finished. Roll the croquettes in egg and breadcrumbs, leave for about 30 minutes, then fry in very hot fat or oil until a golden brown. Serve with an Egg and Lemon Sauce (*see page 252*).

RICE 'TELEPHONE' CROQUETTES

(Italy)

This is a popular Roman dish. The rice is cooked and shaped into croquettes into which are stuffed pieces of fresh mozzarella cheese. When the croquettes are bitten into the cheese, which has melted, goes into long 'strings', like telephone wires, which gives the croquettes their popular name. They make a good luncheon dish.

1 lb rice	salt and pepper
3 oz grated Parmesan cheese	2-3 pints boiling stock or
1 tablespoon chopped	water
mushrooms	3 well-beaten eggs
1 chopped onion	diced mozzarella
2 tablespoons chopped bacon	flour and breadcrumbs
2 oz butter	olive oil for frying

Cook the rice in the boiling stock or water for 15-20 minutes. Drain and mix with half the Parmesan cheese and one egg. Leave to cool and prepare the filling.

Heat the butter and fry the onion, bacon, mushrooms, add salt and pepper, and mix almost to a paste. Take from the fire, add the second egg, and the rest of the grated cheese. Take one or two tablespoons of the rice and put it in the palm of your hand. Smooth it out with the back of a wooden spoon. Place a portion of the filling in the centre, add a piece of the mozzarella cheese, and close your hand in such a way that the rice completely envelops the filling. Shape into croquettes, roll in flour,

the remaining egg, and breadcrumbs. Fry in deep boiling oil until brown. Serve hot.

Failing mozzarella use any cheese you fancy—it will not form into ‘strings’ but the croquettes will still be good. In India I used an excellent local cheese called Kalimpong cheese, coming from the town of that name.

RICE PANCAKE (*Italy*)

6 oz rice
1 pint milk
4 eggs

2 oz butter
grated cheese to taste
salt and pepper

Clean the rice and cook in the milk until soft. Flavour with salt and a little pepper, and allow to cool. Add the cheese and about half an ounce of butter.

Beat the eggs, and gradually stir into the rice until you get a mixture of pouring consistency.

Heat the remaining butter in a frying pan of medium size, and pour in enough of the mixture to make a fairly thick pancake. Brown the underneath then turn the pancake and brown the top. Serve hot, preferably with a savoury sauce.

The easiest way to turn the pancake is to put a plate over it, quickly turn the pan upside down, then slide the pancake back into it. Or, if this proves too difficult, you can finish it off under the grill.

To make sweet pancakes, omit the cheese, salt and pepper. Substitute sugar to taste and serve with brown

sugar and cinnamon, or jam, or syrup. Maple syrup, when available, is excellent with all kinds of pancakes.

RICE PATTIES

This recipe is for left-over rice.

Mix one beaten egg with every cup of cooked rice. Shape into patties and fry on both sides in hot fat. Serve with fish or meat. If using plain, unseasoned rice, serve with syrup or brown sugar.

Left-over pilau or risotto makes excellent patties.

RICE DUMPLINGS

These should be the size of large marbles.

1 cup cold cooked rice

2 oz flour

1-2 beaten eggs

salt and pepper to taste

chopped parsley and grated

lemon rind

boiling stock or water

Mash the rice, add salt and pepper, then rub it through a sieve. Mix with the flour, parsley and lemon rind, and enough egg to bind the mixture. Shape into marble-sized balls and leave aside for about 15 minutes. Cook either in boiling water or stock. They are ready when the outside becomes firm.

This quantity makes eighteen or twenty dumplings.

Can be served with boiled meats or, if served as a sweet, with a brown sugar sauce (*see page 251*).

RICE AND SPINACH MOULD

6 oz rice	salt and pepper
1 lb spinach	2-3 oz butter or olive oil
4-6 ripe chopped tomatoes	stock or water
1-2 cloves garlic	mortadella

Clean the spinach and chop fairly finely. Heat the butter or oil and fry the garlic and tomatoes. Add the rice when the tomatoes are soft, then the spinach, salt, pepper, and enough stock or water to cover. Bring to the boil, reduce the heat, and cook slowly until the rice has absorbed all the liquid. Put into a loaf-shaped mould and bake in a warm oven long enough to set. Turn out to serve. Garnish with wide strips of mortadella and serve with tiny Brussels sprouts and baby carrots cooked in butter.

RICE AND TOMATO MOULDS

3 oz rice	1 tablespoon finely chopped
4 eggs	parsley
$\frac{1}{4}$ cup thick cream	salt and pepper to taste
1 tin tomato juice	

Cook the rice in water or milk until just soft. Strain. Beat the eggs slightly, add the cream and tomato juice,

parsley, salt and pepper. Mix these ingredients into the rice. Pour the mixture into six buttered moulds or custard cups. Put into a pan with enough hot water to come up about three-quarters to the top of the moulds. Bake in a moderate oven for three-quarters of an hour or until set.

Take the moulds from the pan, leave for 5 minutes, then turn out on to a hot plate. Serve with fried bacon, grilled tomatoes and chip potatoes. An excellent Saturday lunch.

RICE CHEESE PUFFS

This recipe comes from South America and is delicious. Left-over, plain boiled rice may be used.

<i>1 cup boiled rice</i>	<i>2-3 well-beaten egg yolks</i>
<i>3 oz grated sharply-flavoured cheese</i>	<i>2 stiffly-beaten egg whites</i>
<i>1½ teaspoons baking powder</i>	<i>½ cup milk</i>
<i>2 oz sifted white flour</i>	<i>salt and pepper</i>
	<i>fat or oil for deep frying</i>

Mix the rice in a bowl with the cheese, flour, baking powder, egg yolks, salt, pepper and milk. Mix thoroughly—you need the consistency of a dropping batter. Fold in the egg whites. Heat the fat until it is very hot and drop the mixture into it a dessertspoon at a time. Fry until a golden brown and well puffed-out. Drain on absorbent paper, keep hot, and serve with a savoury sauce.

RICE WITH CHICKEN, MUSHROOMS
AND EGGS (*Japan*)

6 cups cooked rice

1 whole chicken

 $\frac{1}{2}$ lb mushrooms

3 onions

1 cup stock

6 tablespoons shoyu sauce

6 tablespoons mirin

6 eggs

Mirin is a sweet Japanese wine. Sherry can be used instead.

Cook the rice in the Japanese style (*see page 24*), turn into a casserole with a lid and keep hot. Boil the chicken in any manner you like. Cut the chicken meat into strips and thinly slice the mushrooms and onions. Put the mirin, sauce and one cup of the chicken stock into a pan and bring to the boil. Add the onions, mushrooms and chicken meat. Simmer gently until the onions and mushrooms are tender. Divide this mixture into six portions.

In a lightly-greased pan drop one portion of the chicken mixture. Keep it compact, like a fritter. Beat one egg and pour this over the mixture. Lightly cook and, as soon as the egg has set but not quite cooked, remove the 'fritter' and egg from the pan (use a slice) and place on top of the rice. Cover. Repeat until all the chicken mixture and eggs are used up and arranged neatly on top of the rice. Leave until the eggs are quite set, then serve.

Shoyu sauce is the Japanese-style soya sauce.

RICE SPREAD WITH EGGS AND VEGETABLES (*Japan*)

<i>8 oz rice</i>	<i>1 cup fresh peas</i>
<i>3 eggs</i>	<i>3 young thinly sliced carrots</i>
<i>vinegar</i>	<i>salt to taste</i>
<i>sugar</i>	<i>milk</i>
<i>a few slices of ginger</i>	<i>butter</i>

Cook the rice until it is soft, with just a little of the liquid remaining. Spread this on a cold plate, and leave until cold—but do not put it in a refrigerator. Sprinkle while still hot with a little sugar, salt and vinegar. Soak the ginger in vinegar adding a little sugar and salt. When the rice is cold, cook the peas and carrots together, adding the soaked ginger and vinegar. Lightly beat the eggs, and scramble using a little butter and milk. Spread the rice with the scrambled egg, add the peas and carrots, and serve as a light luncheon dish.

If you do not care for cold rice, it can be served hot, although this is not the Japanese custom.

Fresh ginger should be used if available, otherwise use root ginger and soak it overnight.

IX
STUFFINGS

RICE STUFFINGS

When using a rice stuffing for chickens, turkeys, etc, or, for that matter, for vegetables, vine leaves or cabbage, remember that the rice, even if it has been pre-cooked, will continue to swell as it cooks further. It should not be too soggy. If you allow one cup of cooked rice filling for each pound of bird you should not have any left over. But if you do, bake this in the pan with the bird for the last hour of cooking.

RICE AND MEAT STUFFING FOR HOT VEGETABLES (*Turkey*)

<i>1 cup rice</i>	<i>1 tablespoon chopped parsley</i>
<i>1 lb minced meat</i>	<i>4 oz fat</i>
<i>2 chopped medium-sized onions</i>	<i>finely chopped sage or dill</i>
<i>2 cups stock</i>	<i>salt and pepper</i>

Heat the fat in a large saucepan and lightly fry the onions, meat and parsley, then add the rice. Fry for another 5 minutes. Bring the stock to the boil and add to the rice, stirring as it is poured into the pan. Add seasonings and herbs. Cook over the lowest possible heat for 15-20 minutes, by which time the rice should have absorbed all the liquid.

All through Turkey, Greece and the Arab countries

this stuffing will be found, served with hot tomatoes, aubergines, peppers, cabbage and vine leaves. For cold vegetables the following recipe should be used.

STUFFING FOR COLD VEGETABLES (Turkey)

Cold stuffed vegetables in Turkey and all neighbouring countries are cooked in olive oil. Do not be worried that the result will be greasy and, above all, do not dream of substituting cooking fat for olive oil because this would be quite unpleasant when cold.

$\frac{1}{2}$ lb rice	1 tablespoon pine-nuts
$\frac{1}{4}$ pint olive oil	1 tablespoon currants
$\frac{1}{2}$ pint boiling water	1 teaspoon chopped mint
1 tablespoon tomato purée	1 teaspoon chopped sage
or one large chopped	1 dessertspoon sugar
tomato	salt and pepper
2 chopped onions	

Heat the olive oil and lightly fry the onions before adding the rice. Stir well. Cover and cook on a low heat for 20 minutes, stirring frequently. Then add the boiling water, tomato purée, currants, pine-nuts, pepper, salt, sage and mint. Mix well together, cover, and continue to cook on a low heat for another 20 minutes. Now add the sugar. All the liquid should be absorbed by the rice, but if not, pour away any surplus.

Leave to cool in the pan before using.

RICE AND ANCHOVY STUFFING FOR
PEPPERS OR TOMATOES (*Italy*)

Mix together as much par-boiled rice as you will require with a fair quantity of chopped anchovies, some white wine, a few chopped olives, some chopped red pepper (sweet variety not chillies) and just enough stock to make the mixture moist.

RICE AND FRUIT STUFFING FOR
TURKEY OR PEACOCK (*Germany*)

8 oz rice	3 carrots
2-3 lb prunes	2-3 beaten eggs
1 head celery	salt and pepper
6 large tart apples	1 teaspoon sugar

Soak the prunes overnight. Drain and stone. Cook the rice in boiling water until tender but not soft. Drain. Peel and chop the apples, wash and dice the celery using some of the leaves. Peel and finely grate the carrots. Put the apples, celery and carrot with a little water, sugar, salt and pepper into a pan and cook gently until soft. Drain and mix with the rice, prunes and eggs.

RICE WITH OYSTER STUFFING

<i>3 cups cooked rice</i>	<i>1-2 minced cloves garlic</i>
<i>3-4 oz butter</i>	<i>salt and pepper to taste</i>
<i>1 quart drained oysters</i>	<i>chopped chicken or turkey</i>
<i>2-3 sticks chopped celery</i>	<i>giblets</i>
<i>1-2 finely chopped large</i> <i>sprigs parsley</i>	<i>1-2 finely chopped onions</i>

Heat the butter, add the onions and giblets, and fry them until the onions begin to change colour. Add the oysters and fry until their edges curl. Stir in the rice and the remaining ingredients and cook over a low heat for about 5 or 10 minutes.

I know, I know! But you can use small or tinned oysters, or reduce the amount. The above quantity is enough for a large chicken, capon-size, or a small turkey.

RICE AND BREADCRUMBS
STUFFING

<i>3 cups cooked rice</i>	<i>2-3 sticks chopped celery</i>
<i>2 oz butter</i>	<i>salt and pepper</i>
<i>3-4 slices finely chopped fat</i> <i>bacon</i>	<i>a little chopped sage</i>
<i>1 chopped small onion</i>	<i>1 cup cream or top of milk</i>
	<i>1 cup breadcrumbs</i>

Heat the butter and bacon together, then add the onion and fry for about 5 minutes. Add the rice and stir until

all the grains are separated. Add the celery, bread-crumbs, the seasonings and sage, and stir well into the rice. Gradually add the cream or milk and continue to cook for about 5 minutes more.

Use for chicken or turkey.

RICE WITH GOOSE LIVER AND TRUFFLES (*Germany*)

This stuffing can be used for a large chicken, turkey or goose.

1 cup rice

2 cups broth

1-2 oz butter

salt and pepper

goose liver

truffles

Put the broth and the butter in the top of a double-boiler and cook over a direct heat until the broth is boiling. Gradually add the rice, stirring all the while, and cook for 5 minutes. Remove the pan from the direct heat and place over boiling water. Cover and steam the rice until it has absorbed the liquid. Stir from time to time, add salt and pepper, and as much finely chopped goose liver and truffles as you are able to afford.

Goose liver is a popular German ingredient and it is usual to buy it from the delicatessen store. Truffles, 'The Kaiser of the kitchen,' appear more often in German recipes than our own. Germany has its 'Summer truffle' season which stretches from spring to late summer.

RICE STUFFING FOR TURKEY

(Turkey)

<i>2 cups rice</i>	<i>1 oz pine-nuts</i>
<i>4 cups boiling stock</i>	<i>1 oz currants</i>
<i>4 oz butter</i>	<i>a little finely chopped dill</i>
<i>2 finely chopped onions</i>	<i>turkey liver and heart</i>
<i>2 tablespoons tomato purée</i>	<i>salt and pepper</i>

Heat the butter, fry the onions, pine-nuts and rice, and stir over a medium heat for 5 minutes. Add the stock, the tomato purée, currants, salt and pepper. Put a cloth over the saucepan, clamp the lid on tightly, and simmer over a medium heat until the rice has absorbed all the liquid. Finely chop the liver and heart, and lightly fry in a little butter, or other cooking fat. Add these with dill to the rice and pack into a prepared turkey.

This can also be used for stuffing baby lamb.

CURRY FLAVOURED STUFFING
FOR CHICKEN

The following amount of stuffing is for a large chicken.

<i>1 cup rice</i>	<i>2-3 chopped bacon rashers</i>
<i>2 cups stock or water</i>	<i>2 oz butter</i>
<i>1 dessertspoon curry powder</i>	<i>salt and pepper</i>
<i>1 finely chopped onion</i>	

Heat the butter, lightly fry the onion and bacon, add the rice and, stirring frequently, cook for 5 minutes. Add the stock or water, curry powder, salt and pepper, and continue to cook over a low fire until the rice has absorbed all the liquid.

RICE, CHICKEN LIVERS AND VEGETABLES (*America*)

<i>3 cups cooked rice</i>	<i>2 tablespoons each chopped</i>
<i>2 oz melted butter</i>	<i>onion, celery, peppers</i>
<i>2 cups stewed and drained</i>	<i>2-3 chopped chicken livers</i>
<i>tomatoes</i>	<i>1-2 beaten eggs</i>
<i>salt and pepper</i>	

Put the rice while still hot into a mixing bowl, quickly stir in the butter and eggs, then add the remaining ingredients.

Sufficient for a fairly large roasting fowl and simple to prepare.

WILD RICE STUFFING FOR GAME (*America*)

<i>1 cup wild rice</i>	<i>2-3 tablespoons chopped</i>
<i>chopped game giblets</i>	<i>spring onion with green</i>
<i>4 cups water</i>	<i>part</i>
<i>3 oz butter</i>	<i>½ chopped green pepper</i>
<i>salt</i>	<i>2 sticks chopped celery</i>

Choose a pepper which is not too hot, many are quite sweet. Failing spring onions, use an ordinary onion.

Heat the water to boiling point, add the giblets and salt, and cook slowly for 15 minutes. Lower the heat to simmering point, add the rice, stirring all the while. Simmer until the rice is almost tender.

In another pan heat the butter and lightly fry the onion, pepper and celery. Drain the rice and stir the fried ingredients into it.

Failing wild rice, use white or brown rice.

STUFFED CABBAGE LEAVES WITH SWEET SAUCE

(KALDOLMAR OR PIGS IN BLANKETS)

The Swedish version of the Turkish or Oriental dolma. This recipe is supposed to have been brought back by the soldiers of the roaming warrior, King Charles XII of Sweden, after being released from years of internment in Turkey. The cabbage rolls have undergone a considerable change since their importation but the resemblance is nevertheless still strong.

4 oz uncooked rice	$\frac{1}{4}$ cup milk
1 good-sized cabbage	2 oz butter
1 cup water	1 tablespoon brown sugar or
1 cup milk	molasses
$\frac{1}{2}$ lb minced beef	2 cups stock or water
$\frac{1}{2}$ lb minced pork	$\frac{1}{2}$ -1 cup cream
1-2 eggs	salt and pepper
1 finely minced onion	

Discard wilted leaves and cook the cabbage in boiling, salted water for a few minutes, or until the leaves separate easily.

Wash the rice and cook in one cup of boiling water until the liquid is absorbed, then add one cup of milk and simmer until the rice is quite soft. Cool and mix with the onion, beef and pork. Add the egg(s), milk, salt and pepper as required.

Carefully pull off the leaves from the cabbage and either remove the centre vein or trim it so that the leaf will roll easily. Put one tablespoon of the mixture on the end of each leaf, fold over the sides and roll it up into a neat package. Secure with cotton.

Heat the butter in a casserole and fry the dolmars on both sides until they are brown. Sprinkle with sugar or brush with molasses. Heat the stock or water and pour gradually over the dolmars. Bake for $1\frac{1}{2}$ hours in a slow oven, basting fairly frequently.

Take the casserole from the oven, remove the dolmars, put aside and keep hot. Stir the cream, salt and pepper into the remaining gravy and serve this as a sauce. If a thicker sauce is preferred, add some flour, but make sure you cook it well before serving.

If you have no oven, the dolmars can be cooked in a braising pan with a tight lid. First brown them in butter, then add the stock and gently simmer until soft.

In Sweden kaldolmar are served with boiled potatoes. The above quantity should serve from six to eight people, roughly two each.

STUFFED CABBAGE (*Germany*)

1 <i>cup cooked rice</i>	1 <i>teaspoon capers</i>
1 <i>large firm cabbage</i>	<i>grated nutmeg</i>
$\frac{1}{2}$ <i>lb raw minced meat</i>	<i>tomato purée</i>
1 <i>onion</i>	<i>salt and pepper</i>
1 <i>rasher bacon</i>	<i>flour</i>
1 <i>teaspoon anchovy essence</i>	

Remove the spoiled outer leaves of the cabbage before blanching it for 10 minutes in boiling, salted water. Strain and cool. Cut off the top and carefully scoop out the centre.

Chop the onion and mix with the meat, rice, anchovy essence, capers, salt and pepper, and fill the scooped-out cabbage with this mixture. Replace the top, secure with skewers and wrap in a large white cloth. Gather up the ends of the cloth and tie firmly with string. Put into a saucepan of boiling, salted water. Add to the cooking water a little grated nutmeg and tomato purée, and cook for 45 minutes. Take the cabbage from the pan, unwrap it and serve on a hot dish. Keep hot while you prepare the sauce.

Dice the bacon and fry until crisp. Add flour to the bacon fat, brown, then gradually add enough cabbage water to make a thin sauce. Season with salt and pepper and serve separately.

STUFFED CABBAGE LEAVES

(Germany)

This can be prepared early in the morning and left to simmer comfortably for about 3 hours or more. A typical luncheon dish for a raw German day.

6 oz rice	1 teaspoon sugar
1 lb raw minced beef	1 dessertspoon finely
1 finely chopped onion	chopped parsley
1 well-beaten egg	2 tablespoons finely chopped
1 tin tomato juice—medium	celery
size	1 large-leafed cabbage
juice one lemon	salt and pepper
2 oz butter	

Liberally sprinkle the meat with salt and pepper and bind with the egg. Add the rice. Knead the mixture for a minute or two, then put aside.

Heat the butter and slowly fry the onion until soft but not brown. Add the tomato juice plus an equal amount of water, the parsley, lemon juice, celery, sugar, salt and pepper, and cook slowly for 15 minutes.

While the sauce is cooking, wash and cook the cabbage until the leaves are easy to remove. Pull these off and if the middle ribs are thick, trim off the back. On to each leaf put two tablespoons of the stuffing. Roll up the leaf and secure with cotton or a toothpick. Put the rolls in a saucepan, cover with the tomato sauce, clamp the lid on tightly and simmer gently for about 3 hours. This can be

cooked in the oven if preferred, as long as the casserole is covered.

Remember to allow enough space in the leaves for the rice to swell. You will use about twelve leaves.

Serve with a yoghourt sauce (*see page 253*), or simply cold thick sour milk. Makes a delicious country-style meal.

LOTUS LEAF RICE (*China*)

Most of us will have to substitute large cabbage leaves for the lotus leaves.

$\frac{1}{2}$ lb rice	2 finely chopped spring
$\frac{1}{2}$ lb roast pork	onions—green parts
2 tablespoons chopped	included
parsley	1 dessertspoon cornflour
1 diced and cooked chicken	salt to taste
breast	4 tablespoons soya sauce
1 cup green peas	1 dozen diced button-
12 lotus leaves	mushrooms
oil for frying	

Cook the rice Chinese style (*see page 19*). Stir the sauce and the cornflour together and mix with the chicken.

Mix all the ingredients together (except the leaves) and divide into twelve portions. Wrap each portion in a lotus leaf or, more prosaically, a cabbage leaf, and secure with cotton or a toothpick. Lightly fry in hot oil, then steam for 30 minutes. Serve hot.

STUFFED PEPPERS (*America*)

Other vegetables such as tomatoes, small cucumbers and aubergines may be used in the same manner.

<i>1 cup cooked rice</i>	<i>2 tablespoons chopped onion</i>
<i>6-8 large peppers</i>	<i>salt and pepper</i>
<i>3 tablespoons finely diced</i>	<i>grated cheese</i>
<i>cooked ham</i>	<i>fine breadcrumbs</i>
<i>3 tablespoons cooked peas</i>	<i>stock or tomato juice</i>

Cut off the tops of the peppers, remove the cores and the seeds, and blanch in boiling water for 5 minutes before filling. Mix the rice, ham, peas, onion, and salt and pepper together. Moisten with a little stock or tomato juice and fill the peppers with this mixture. Sprinkle with grated cheese and a few breadcrumbs, then bake in a moderate oven for about 20 minutes, or until the peppers are soft.

RICE-STUFFED TOMATOES AND
SOUR CREAM (*Germany*)

<i>4 oz rice</i>	<i>½ pint sour cream or</i>
<i>6 large tomatoes</i>	<i>yoghourt</i>
<i>goose fat</i>	<i>stock or water</i>
<i>1 finely chopped onion</i>	<i>salt and pepper</i>
<i>1 finely chopped red pepper</i>	

The tomatoes should all be of the same size. Cut off the

tops and scoop out the centres. Mash the scooped-out tomato to a pulp.

Heat the goose fat and lightly fry the onion, pepper and the tomato pulp. Add the rice, and when this begins to change colour, add about one and a quarter pints of stock or water and seasonings. Cook until the rice is soft, allow it to cool slightly, then stir in the sour cream or yoghurt. Pack this mixture into the tomatoes, replace the tops, place in a pan with enough boiling water to prevent burning, and bake in a medium oven until soft. Serve hot with a Yoghurt or Egg and Lemon Sauce (both are Balkan sauces but go well with rice and tomatoes, *see pages 253 and 252*).

RICE-STUFFED PEPPERS AND TOMATOES (*Yugoslavia*)

4 oz rice	6 large tomatoes
1 lb pork	1 lb tomatoes
3-4 rashers fat bacon	salt and pepper to taste
2 large onions	1 teaspoon sugar
6 large peppers	olive oil or fat for frying

Coarsely mince the pork, finely chop the bacon and onions. Cut off the tops of the peppers and the six large tomatoes, scoop out the centres and the seeds. Peel and thinly slice the remaining tomatoes. Wash and half cook the rice in boiling water. Drain.

Heat a little oil, lightly fry the pork, bacon, and half the onion, add the rice and simmer for 10 minutes. Put

the sliced tomatoes into another saucepan with the remaining onion, salt, pepper, sugar, and a few table-spoons of water. Simmer until the tomatoes are very soft, then rub through a sieve.

Three-quarters fill the pepper and tomato shells with the stuffing. Replace the tops. Arrange in a baking dish or casserole. Add the tomato sauce and bake in a moderate oven for about 45 minutes, or until the peppers and tomatoes are soft. If they begin to brown too soon, cover the pan.

Marrows, aubergines, onions, all can be stuffed and baked in this way.

Choose peppers and tomatoes all of a fairly equal size. Enough for four or six people.

X
SALADS

RICE AND CRABMEAT SALAD

<i>3 cups cooked rice</i>	<i>salt to taste</i>
<i>1 cup salad cream</i>	<i>1 teaspoon curry powder</i>
<i>1 cup (or tin) crabmeat</i>	<i>finely chopped chives to taste</i>
<i>1 small red pepper</i>	<i>juice half a lemon</i>
<i>1 chopped green pepper</i>	

The rice must be cold and each grain separate.

Beat the salad cream, add the salt, lemon juice and curry powder, and continue beating until these ingredients are well blended. Fold in remaining ingredients. Leave until quite cold, then serve either in a salad bowl or piled on a platter with fresh lettuce.

RICE AND CHICKEN SALAD

<i>6 oz rice</i>	<i>nutmeg</i>
<i>salt and pepper</i>	<i>cold chicken</i>
<i>lemon juice</i>	<i>celery</i>

Cook the rice in the Italian fashion (*see page 23*) until it is tender. Drain. While it is still warm, add salt, pepper, and a pinch of nutmeg. Sprinkle lightly with lemon juice, lift up the rice grains with a fork so that all the seasonings are well mixed into the rice.

Cut a fair amount of the chicken into thin strips, or mix chicken and ham, and add some finely chopped celery. Mix into the rice. Chill before serving.

RICE AND SHRIMP SALAD

4 oz rice	1 teaspoon lemon juice or
1 pint water	wine vinegar
1 lb shrimps—cooked and shelled	$\frac{1}{2}$ teaspoon prepared mustard
2 tablespoons olive oil	salt

Bring the water to the boil, add salt and the rice and cook rapidly for 15 minutes. While this is cooking, chop the shrimps.

Drain and cool the rice, then put into a salad bowl. Add mustard, a little salt, olive oil, lemon juice or wine vinegar. Mix well and add the shrimps. Chill before serving.

RICE, SHRIMP AND
CAULIFLOWER SALAD

2 cups cooked rice	6 spring onions, sliced or
$1\frac{1}{2}$ lb cooked shrimps	whole
$\frac{1}{4}$ cup chopped stuffed olives	$\frac{1}{4}$ cup salad cream
cauliflower	$\frac{1}{4}$ cup French dressing
1 tablespoon lemon juice	salt and pepper

Separate a small cauliflower into flowerets.

Mix carefully all the ingredients in a large salad bowl rubbed with garlic. Serve chilled.

RICE SALAD WITH STUFFED TOMATOES (*America*)

<i>2 cups cooked rice</i>	<i>8 large tomatoes</i>
<i>2 cups cooked, coarsely chopped shrimps</i>	<i>1 cup chopped pineapple</i>
<i>2 cups salad cream</i>	<i>3 tablespoons chopped parsley</i>
<i>6 finely chopped large green olives</i>	<i>2 tablespoons lemon juice</i>
<i>2 cups chopped red or green peppers</i>	<i>salt</i>
	<i>lettuce leaves</i>

Mix one and a quarter cups of salad cream with the parsley, peppers and olives. Fold this into the rice and put in a refrigerator to chill.

Combine the shrimps, pineapple, lemon juice, salt and the remaining salad cream.

Cut off the tops of the tomatoes, scoop out the centres and fill with the shrimp mixture. Chill.

When ready to serve, arrange the rice on a bed of lettuce surrounded by the stuffed tomatoes.

RICE AND HAMBURGER SALAD (*America*)

Americans are most courageous in the field of salad making. This is a good example of their originality.

<i>1 heaped cup cooked rice</i>	<i>lettuce</i>
<i>1 lb minced raw beef</i>	<i>½ cup chopped sweet pickle</i>
<i>3 sticks diced celery</i>	<i>(optional)</i>
<i>1 cup salad cream</i>	<i>paprika pepper</i>
<i>salt and pepper</i>	

Simmer the meat in salted water until it changes colour and is sufficiently cooked for your own taste. Drain and leave to cool. Then mix it with the rice, celery and pickle. Add salt and pepper to taste, fold in the salad cream, turning the ingredients over and over again to make sure everything is coated with the cream.

Arrange the lettuce on a plate, pile the mixture on top and sprinkle with a little paprika pepper.

RICE-STUFFED TOMATO BASKETS

<i>1 cup cooked rice</i>	<i>2 tablespoons chopped onion</i>
<i>6 large tomatoes</i>	<i>salt and pepper</i>
<i>1 cup diced celery</i>	<i>salad cream</i>

Cut off the top of each tomato, leaving a strip for the handle, and carefully scoop out the centres. Mix the remaining ingredients together, using only enough salad cream to moisten the mixture. Fill the 'baskets' with this and top each with a teaspoon of salad cream. Chill before serving.

RICE AND PRAWN SALAD

Mix cold cooked rice with chopped cooked prawns, cooked peas, and thin slices of sour gherkin, and moisten with salad cream. Serve chilled.

RICE, SHRIMP AND GINGER SALAD

Mix three cups of cold cooked rice with boiled shrimps, chopped spring onions, and a few chopped chives. Add one cup of salad cream, into which has been whipped a little ground ginger, lemon juice, and enough of the shrimp stock to make it fairly thin. Serve chilled.

XI

SWEET DISHES

GLORIOUS RICE PUDDING

(circa 1840)

From her book *Court Favourites* Elizabeth Craig gives us a rice pudding both rich and regal.

‘A good rice pudding must ever have half a pound of fresh butter, three quarter pound of sugar, seven eggs, and three spoonfuls of sack. (In modern cookery, Madeira or some such wine would suit.)’

BOILED RICE PUDDING WITH FRUIT

From a recipe dated 1853.

‘In a pint of new milk put two large spoonfuls of rice, well washed; then add two apples, pared and quartered, or a few currants or raisins. Simmer slowly until the rice is very soft, then add one beaten egg to bind it. Serve with cream and sugar.’

BOILED RICE PUDDING

(18th century English Style)

‘Take a little coffy-pot full of rice, then cover it on the fire with a little milk, cinnamon and nutmeg to boyle in it. Let it be cold. So put a little cream to it and as much sugar, currants and salt as you think fit.’

CREAMY RICE PUDDING

(Latin-American Style)

4 oz rice	<i>grated rind one lemon</i>
1 pint water	<i>pinch of salt</i>

Bring the water to the boil, add the rice, salt and lemon rind, and cook until the rice is tender. Drain.

2 pints milk	<i>2 tablespoons raisins or</i>
3 oz sugar	<i>sultanas</i>
1 inch-piece cinnamon	<i>1-2 oz butter</i>
2 beaten egg yolks	

Heat the milk and add the cooked rice, cinnamon and sugar. Simmer for 20 minutes. Add the egg yolks, and the raisins, stirring all the while, and continue to cook until the mixture resembles a thick custard. Stir in the butter, and when this has melted into the custard, serve sprinkled with a mixture of ground cinnamon and brown sugar.

BOILED RICE WITH RAISINS
AND ALMONDS

8 oz rice	<i>butter</i>
3 pints water	<i>raisins</i>
salt	<i>blanched and chopped</i>
sugar	<i>almonds</i>

Cook the rice in the water with a pinch of salt until almost tender. Add sugar to taste, about one ounce of butter, three tablespoons of stoned raisins and two tablespoons of blanched and chopped almonds. Continue cooking until the rice is soft.

This can be served as a sweet or savoury and is useful for people on a light diet.

BOILED RICE WITH QUINCE

(Continental)

6 oz rice
1 quart milk
1 oz butter
brown sugar

quinces in syrup
grated chocolate or ground
cinnamon

Bring the milk to the boil, throw in the rice, cook briskly for a minute or two, then reduce the heat and simmer for about 40 minutes, or until the rice is very soft. Add the butter, brown sugar to taste, and enough quince syrup to give a pleasant flavour.

Pile in the centre of a dish, surround with stewed quinces, and sprinkle with grated chocolate or ground cinnamon.

If quinces are not available use either pears or (tinned) guavas. The latter, incidentally, are delicious with rice.

COLD RICE PUDDING (I): FIRNI

(Pakistan)

This depends for its flavour on long, slow cooking.

8 oz rice	2 oz blanched chopped
2 pints milk	almonds
2 oz raisins or sultanas	sugar to taste

Put the rice, milk, sugar, raisins (or sultanas) and almonds into a saucepan and very slowly bring to the boil. Reduce the heat and simmer for at least 2 hours—by which time the rice will be very soft and the whole texture of the pudding deliciously thick and creamy. Pour into small bowls and serve cold.

Firni is often flavoured with rose-water and sprinkled with coarsely grated pistachio nuts.

COLD RICE PUDDING (II): SUTLAÇ

(Turkey)

Rice pudding as prepared by the Turks—and all the Balkan peoples—is creamy and always served ice-cold. From considerable observation, I find the Turks never become allergic to rice at any stage in their lives. On the contrary, there are eating houses which provide nothing but milk puddings, and these always appear to be doing a roaring trade.

3 oz rice	1½ pints milk
1 oz ground rice	½ glass water
4 oz sugar	cinnamon

Bring the milk and the water to the boil, add the grain rice, sugar, and cook for 10 minutes. Take enough of the milk from the pan to mix the ground rice into a smooth loose paste. Return this to the pan, stirring well, and cook for a further 10-15 minutes. Pour the mixture into small glass bowls and leave until cool. Sprinkle with cinnamon, then leave until it is really cold—it can be put into a refrigerator.

DRESSED-UP BOILED RICE (*Australia*)

6 oz rice	preserved ginger
1 quart water	heavy cream or top of milk
pinch of salt	whipped cream
figs and dates	brown sugar
nuts	

Clean the rice and cook for 10 minutes in boiling water. Add salt.

Chop the fruit, nuts and ginger into smallish pieces. Add the figs and dates to the rice and about three table-spoons of sugar. Continue cooking until the rice is fairly thick. Cool, and add the ginger, and, if available, a cup of cream or top of the milk. Pile the rice into individual glasses, top with whipped cream and broken nuts.

Raisins or sultanas can be substituted for dates or figs.

Walnuts, shelled and blanched, are probably the nicest for this dish.

BURNT BOILED RICE WITH MILK AND SUGAR (*Mexico*)

6 oz rice	4 oz butter
4 oz white sugar	vanilla bean or nutmeg
1½ pints milk	brown sugar

Thoroughly wash the rice and cook for 5 minutes in boiling water. Drain, then put into a colander and rinse under cold running water. Heat the milk to boiling point, stir in half the butter and the white sugar and add a piece of vanilla bean. Throw in the rice, stir for a minute, then cook very gently for about 25-30 minutes. (The pan should be tightly covered—and the practice of covering it with a cloth and a lid is a good one to observe here.)

Heat the remaining butter in a casserole and sauté the rice lightly. Sprinkle it with brown sugar and then brown or 'burn' the top with a red-hot poker or old-fashioned iron. Serve hot.

BOILED RICE WITH NUTS AND COCONUT

6 oz rice	4 oz chopped blanched
4 oz brown sugar	almonds
4 oz raisins	3 oz grated coconut
4 oz chopped cashew nuts	3 oz butter

Put the rice into a large saucepan and cover with water one inch above the level of the rice. Cook until almost tender, stir in the sugar and continue stirring until the sugar has dissolved and the rice has absorbed all the water.

Heat the butter and fry the cashew nuts and almonds until they are a golden brown. Add to the rice. Fry the raisins until they are round and plump, and the coconut is a light brown. Carefully stir these into the rice with any remaining butter. Serve hot with chilled cream, if available.

Freshly grated coconut is preferable to desiccated coconut, but either will do.

VANILLA SNOW PUDDING (*Canada*)

<i>1 cup rice</i>	<i>1 oz butter</i>
<i>5 cups slightly salted water</i>	<i>stiffly beaten whites 2-3 eggs</i>
<i>½ cup thick cream</i>	<i>flavoured with vanilla</i>
<i>½ cup sugar</i>	<i>essence</i>

Bring the water to the boil and cook the rice rapidly for 15-20 minutes, or until soft. Drain off surplus liquid, keeping the rice still in the pan. Stir in the sugar, and when this is dissolved, add the butter and cream. Take the rice from the heat, cool slightly, and fold in the egg whites.

Chill and serve.

SAFFRON RICE: ZARDA

A popular Moslem dish, eaten from Turkey to Hyderabad in India.

<i>1 cup long grain rice</i>	<i>$\frac{1}{2}$ teaspoon saffron</i>
<i>4 cups boiling water</i>	<i>2 tablespoons rose-water</i>
<i>5 oz sugar</i>	<i>pistachio nuts</i>
<i>2 tablespoons arrowroot</i>	

Soak the saffron in the rose-water overnight. Wash the rice and cook in the boiling water until tender. Add the sugar, stir well, stir in the saffron and finally the arrowroot. Continue cooking until the mixture is as thick as a paste. Pour into individual dishes—or one large dish if you prefer—and cover generously with grated pistachio nuts.

In Baghdad this is often eaten with rice cooked in date syrup, while the Turks make their Zarda rather thin and heavily flavoured with pomegranate seeds. The above recipe is fairly general.

COLD YELLOW RICE
WITH PINEAPPLE

Very simple to prepare and unusual in taste and appearance. Should be served cold, even chilled, and can be eaten with cold ham and chicken, or as a sweet dish. Its origin is obscure, but it is the sort of medley which often results from a mingling of East and West cooking ideas.

- | | |
|----------------------------------|--|
| 3 cups cooked long grain
rice | 2 oz butter |
| 1 medium tin pineapple
chunks | 1 cup chopped, blanched
and roasted almonds |
| | a pinch saffron |

Dice the pineapple. Soak the saffron for 20 minutes in a tablespoon of the pineapple juice.

Heat the butter, lightly toss in the rice, separating the grains. Bring the pineapple juice to the boil, add the saffron, then stir the juice gradually into the rice. When the rice has become a soft yellow, add the diced pineapple and almonds.

The rice is equally good—perhaps better—served hot. But if you want to serve it cold, as the original recipe, turn into a dish and leave in a cold place until chilled.

BAKED RICE PUDDING I (*England*)

- | | |
|---------------------|-----------------------|
| 4 oz rice | 3 oz sugar |
| 2 pints creamy milk | grated nutmeg or mace |
| 1 oz butter | |

Put the rice and the milk into a buttered pie-dish and leave for 1 or 2 hours. Add the sugar, sprinkle a little nutmeg or mace on top, and put into a slow oven. For the first hour or so of baking, stir the rice from time to time. When the rice has swollen, dot with butter and leave in the oven for several hours. My childhood home was in the country and we used an old-fashioned country stove, so rice puddings remained in the oven indefinitely.

A thick skin would form which most of us liked to eat, especially when the pudding was cold. In my own home I put my puddings into a gas oven after I have finished my ordinary baking and let them cook slowly at Regulo one for several hours. The slower the oven the better.

Instead of nutmeg we sometimes used grated lemon or orange rind, and quite often a few sultanas. If the pudding showed signs of being too thick, more milk was added.

Jam, brown sugar, brown sugar sauce and syrup are all favourite British garnishes.

BAKED RICE PUDDING II

My mother-in-law used to make a delicious stiff rice pudding which could be eaten hot or cold and cut almost like a cake. She usually served it with stewed prunes or jam, or with country butter and wet brown sugar, a favourite way with all her grandchildren. Never a day went past without her putting a rice pudding—sometimes two—into her oven once the day's baking was over. And it stayed there many times overnight to be eaten at breakfast next morning.

There were no exact measurements for her puddings—about six ounces of rice to one and a quarter pints of milk, sugar, a pinch of salt, sometimes an egg, a little butter, and always a bayleaf, for she had a bay tree in her garden. Occasionally she would add a handful of raisins, or a date or two, or simply the top would be sprinkled with a little nutmeg, or a lacy piece of mace would be dropped into

the rice. The top of her pudding was covered by a thick, brown skin, almost toffee-flavoured, and often she would lift this up to pour thick cream underneath. But the skin always went back.

LEFT-OVER BAKED RICE PUDDING: WARMED

An old English recipe.

Peel off the thick skin from the top of a baked pudding and stir the rice until the grains separate. Add a quantity of hot boiled-egg custard, a few lumps of jelly or preserved fruit, then serve.

BAKED RICE PUDDING (*Swiss*)

4 oz rice
1 pint milk
2-3 oz sugar

a little lemon rind
1-2 oz butter
3 eggs

Wash the rice and cook for 5 minutes in boiling water. Turn into a sieve and leave under running water until all the grains are separated. Return to the pan with the milk, sugar and lemon rind and cook until the rice is soft. Leave until cool.

Separate the egg yolks from the whites and beat separately. First beat the yolks into the cooled rice, then fold in the whites. Turn into a buttered casserole or pie-dish. Place in a tin half-filled with hot water and bake in a

moderate oven until a thick brown crust has formed. Serve hot or cold with a fruit sauce.

BAKED RICE PUDDING WITH MERINGUE

<i>1 cup cooked rice</i>	<i>2 egg whites</i>
<i>2 cups milk</i>	<i>2 egg yolks</i>
<i>3-4 oz sugar</i>	<i>2 oz castor sugar</i>
<i>1 oz butter</i>	<i>good pinch nutmeg</i>
<i>2 tablespoons seeded raisins</i>	

Beat the egg yolks with the sugar until creamy. Mix with the milk and finally stir carefully into the rice. Add the butter and raisins, and pour into a buttered casserole or pie-dish. Beat the egg whites until stiff, add the castor sugar and continue beating until stiff enough to form peaks. Spread this over the pudding, sprinkle lightly with nutmeg, and bake in a moderate oven for half an hour.

The merit of this pudding is simply that the rice is boiled until quite soft before baking.

BAKED RICE PUDDING WITH FRUIT AND NUTS

<i>4 oz rice</i>	<i>pinch of salt</i>
<i>1 pint water</i>	

Bring the water with a little salt to the boil. Add the rice and cook for about 15 minutes. Drain.

Have ready:

<i>2 oz brown sugar</i>	<i>grated rind and juice of a</i>
<i>1-2 tablespoons raisins,</i>	<i>small lemon</i>
<i>preferably stoned muscatel</i>	<i>a little vanilla essence</i>
<i>$\frac{1}{2}$ pint thick cream</i>	<i>2 well-beaten egg yolks</i>
<i>1-2 tablespoons chopped</i>	<i>2 egg whites beaten with</i>
<i>walnuts</i>	<i>castor sugar to meringue</i>
<i>$\frac{1}{4}$ teaspoon grated nutmeg</i>	<i>consistency</i>

Mix the sugar, raisins (stoned), nuts, lemon rind and juice, egg yolks, vanilla, nutmeg and cream with the rice. Turn this into a buttered pie-dish. Spread with the beaten egg whites and bake in a medium oven for about 30 minutes.

BAKED RICE PUDDING (*Italy*)

<i>4 oz rice</i>	<i>2 oz candied fruits</i>
<i>2 pints milk</i>	<i>vanilla essence</i>
<i>1 oz butter</i>	<i>pinch of salt</i>
<i>1 oz ground almonds</i>	<i>grated orange peel</i>
<i>3-4 oz sugar</i>	<i>whipped cream (optional)</i>

First boil the rice for about 5 minutes in two pints of water, drain and let it cool. Bring the milk with the almonds and the orange peel to the boil, add the rice, and cook for a few minutes. Stir in the butter and add the

salt. When the rice has been cooking for 10 minutes, add the sugar and vanilla essence. Pour into a buttered baking dish and bake slowly in a moderate oven for about an hour. Decorate the pudding with strips of candied fruit before serving, and with whipped cream if this is available.

CHOCOLATE RICE PUDDING

<i>4 oz rice</i>	<i>2 squares melted cooking</i>
<i>1 pint milk</i>	<i>chocolate</i>
<i>sugar to taste</i>	<i>butter</i>
<i>pinch of salt</i>	

Wash the rice and put with the remaining ingredients into a buttered pie-dish or casserole. Bake in a very slow oven for $2\frac{1}{2}$ hours. Stir several times for the first hour. If you want to make a richer pudding, add one or two well-beaten eggs before the skin begins to form.

RICE CARAMEL CREAM (BAKED)

<i>8 oz rice</i>	<i>3-4 oz sugar</i>
<i>4 pints milk</i>	<i>2 tablespoons ground</i>
<i>grated lemon rind</i>	<i>walnuts</i>
<i>4 tablespoons grated fresh</i>	<i>4 well-beaten whole eggs</i>
<i>coconut</i>	<i>1 pint sugar-syrup</i>

Heat the milk to boiling point, then add the rice and

lemon rind. Simmer gently until the rice is soft, stirring from time to time. Add the sugar, coconut and walnuts, stirring all the while, then add the eggs, one after the other, but stirring continuously to prevent curdling.

Cook the syrup until it becomes caramelized and pour into a casserole. Add the rice-custard. Place the dish in a large baking tin half-filled with hot water. Bake in a moderate-to-slow oven for at least an hour, or until the rice-custard sets. Turn out with some care, and serve hot or cold.

RICE AND DATE LAYER PUDDING (Iraq)

<i>3 cups cooked rice</i>	<i>½ cup date-syrup</i>
<i>2-3 beaten eggs</i>	<i>1 cup milk or cream</i>
<i>about 2 dozen chopped dates</i>	<i>butter</i>

Butter a casserole. Beat the eggs and the milk or cream together. Arrange a layer of rice on the bottom of the casserole, cover with a layer of chopped dates, and brush with syrup. Add, in layers, more rice, more dates and more syrup until all the ingredients are used up. Pour the egg-and-milk mixture over the top and bake in a moderate oven for about 1 hour.

You can, if you like, also add a layer of coarsely grated walnuts.

Failing date-syrup use brown sugar.

BAKED RICE PUDDING
WITH APPLES

<i>4 oz rice</i>	<i>2 beaten egg whites</i>
<i>1 pint milk</i>	<i>2 oz castor sugar</i>
<i>1 lb tart apples</i>	<i>rind half a lemon</i>
<i>2 oz butter</i>	<i>vanilla flavouring</i>
<i>2 egg yolks</i>	

Bring the milk, with the lemon rind, to the boil and add the rice. Cook for 5 minutes, then draw the pan to the side of the stove, cover with a cloth and a lid, and leave until the rice has absorbed all the milk. Take out the rind and fold in the egg whites.

Cream the egg yolks and butter together, add the sugar and some vanilla flavouring. Peel, slice and half cook the apples. Arrange the apples and the rice in alternate layers in a buttered casserole—the top layer should be of rice. Spread the top with the creamed eggs and butter, and bake in a moderate oven for about 40 minutes.

RICE AND PINEAPPLE PUDDING

<i>2-3 cups cold cooked rice</i>	<i>brown sugar</i>
<i>tinned pineapple</i>	<i>butter</i>

Grease a pie-dish or casserole and cover the bottom with a thickish layer of cooked rice. Spread with a little butter, sprinkle with sugar, then add a layer of chopped

pineapple. Repeat until the rice is used up. Add a cup of pineapple juice and bake in a moderate oven for about half an hour. Serve either hot or cold.

This type of pudding may be made with any tinned or stewed fruit—rhubarb, pears, apples, apricots, etc.

RICE AND APPLE SUPREME

<i>4 oz rice</i>	<i>1 small piece vanilla bean</i>
<i>1 pint boiling milk</i>	<i>1 beaten egg yolk</i>
<i>2 oz sugar</i>	<i>jam</i>
<i>8 cooking apples</i>	<i>butter</i>
<i>1 pint sugar-syrup</i>	

Wash the rice and cook in boiling milk, with the piece of vanilla bean until soft and the milk quite absorbed. Cool. Add sugar and egg yolk. Peel and core four of the apples—if possible all of equal size. Cook them in the sugar-syrup until they are fairly soft but not squashed. Take from the pan and put aside. Peel and slice the remaining apples, and cook in the same syrup until as soft as an apple sauce. Mix this with the rice, and turn into a buttered casserole. Make four 'wells', sufficiently deep to bury the remaining apples so that only the top half is showing. Place the casserole underneath the grill and lightly brown the apples, or put in a moderate oven. Just before serving, fill the centres of the apples with a not-too-sweet jam or jelly.

A little bothersome, perhaps, but worthwhile. Serve if you can with fresh thick cream.

RICE AND APPLES

An early Victorian recipe.

Core as many nice apples as will fill the dish and boil in a light syrup. Prepare a quarter of a pound of rice in milk, with sugar and salt, add some of the rice to the dish, put in the apples, fill up the intervals with rice, and bake in the oven till it is a fine colour.

VANILLA RICE (*Mexican*)

6 oz rice

4 oz sugar

2 pints milk

small piece vanilla bean

$\frac{1}{2}$ pint thick cream

If no vanilla bean is available, use one teaspoon of vanilla flavouring.

Heat the milk with the piece of vanilla bean. Put the rice into a deep pie-dish or casserole. Cover with milk and bake in a slow oven for 3 or 4 hours, stirring frequently until the rice is soft and creamy. Half an hour before the pudding is ready for serving add the sugar and the cream. Stir until these ingredients are well blended into the rice. Remove the vanilla bean. Return to the oven.

Can be eaten hot or cold and is sufficient for six to eight people.

RICE AND APPLE MERINGUE

3 oz rice	2-3 egg whites
8 peeled and sliced medium-sized apples	2 oz castor sugar
$\frac{3}{4}$ pint milk	$\frac{1}{2}$ pint white wine or cider
4 oz sugar	butter

Gently cook the apples in the wine or cider with two ounces of sugar until just soft. Bring the milk to the boil, add the remaining sugar, and rice. Lower the heat and cook until the rice is soft. Butter a casserole and spread the rice at the bottom. Cover this with the stewed apples. Beat the egg whites until stiff, add the castor sugar and continue beating until the mixture is of meringue consistency. Spread this over the apples. Bake in a medium oven until the meringue is a golden brown.

Can be eaten hot or cold.

RICE AND LEMON MERINGUE
PUDDING

4 oz rice	2 slightly beaten egg yolks
4 cups milk	2 stiffly beaten egg whites
sugar to taste	2 tablespoons castor sugar
grated rind one small lemon	pinch of salt
1 tablespoon lemon juice	butter

Cook the rice with the milk over boiling water until it is soft. Add sugar, salt, lemon rind and juice, and the egg

yolks. Stir and continue to cook until the mixture thickens. Turn into a buttered casserole and leave until cool. Beat the egg whites with castor sugar until a meringue consistency is achieved, and spread lightly over the top of the pudding. Bake in a moderate oven until the meringue is a golden brown.

LEMON RICE SOUFFLE

<i>8 oz rice</i>	<i>3 egg yolks</i>
<i>2 quarts boiling water</i>	<i>3 egg whites</i>
<i>salt</i>	<i>2 oz castor sugar</i>
<i>1 quart milk</i>	<i>1-2 tablespoons lemon juice</i>
<i>4 oz sugar</i>	<i>butter</i>
<i>grated rind one lemon</i>	

Wash the rice in several waters. Cook until almost tender in slightly salted water. Drain. Beat the egg yolks with the sugar, the lemon juice and rind and mix with the milk. Stir this into the cooked rice. Beat the egg whites until stiff, add the castor sugar gradually and continue beating until the mixture is very stiff. Fold into the rice. Pour the rice into a buttered casserole and bake in a moderately slow oven for about 1 hour. Sufficient for eight people.

RICE FROTH

<i>1 cup rice</i>	<i>2 stiffly beaten egg whites</i>
<i>1 cup milk</i>	<i>butter</i>
<i>sugar to taste</i>	<i>jam</i>

Wash the rice, then cook in two cups of water until the rice has absorbed it all. Add the milk and continue to cook until the rice is quite tender and swollen. Add sugar and beat until smooth. Fold in the egg whites and pour the rice into a buttered casserole. Bake in a moderate oven until the top is lightly browned. Serve with jam or a jam sauce (*see page 251*).

A very pleasant and simple dish to make for the nursery.

RASPBERRIES WITH RICE

A recipe for use with fresh or frozen raspberries, or loganberries.

<i>1 cup rice</i>	<i>2 pints fresh raspberries</i>
<i>2 cups milk</i>	<i>sugar to taste</i>
<i>2 cups water</i>	<i>whipped cream</i>

Cook the rice in four cups of liquid, half milk, half water. Add sugar when the rice is almost tender, then continue cooking until quite tender. If all the liquid is not absorbed, drain it off. Let the rice cool, then arrange with the raspberries in alternating layers in a glass dish, adding sugar if required. The top layer should be of raspberries. Cover with whipped cream and chill before serving.

If tinned berries are used, drain them thoroughly first, otherwise the rice will be soggy.

RICE WITH PEARS (*Switzerland*)

6 oz rice	1-2 tablespoons blanched
juice one lemon	almonds
6-8 large pears	3 egg whites
4 oz clarified butter	3 oz castor sugar
4 oz brown sugar	butter

Cook the rice in boiling water flavoured with lemon juice. Drain well and put into a buttered casserole.

Peel and cut the pears into neat slices. Simmer gently in the clarified butter until soft, then take from the pan and arrange on top of the rice. Stir the sugar into the hot butter, add the almonds—these may be kept whole or slivered, as you like—and simmer until the sugar is quite dissolved and the almonds have begun to brown. Pour this mixture over the pears. Leave to cool. Beat the egg whites and the castor sugar to a meringue consistency. Spread this over the pears and bake in a moderate oven for about 20 minutes, or until the rice and pears are reheated and the meringue topping becomes a pale brown.

RICE WITH STRAWBERRIES (*Italy*)

For this dessert you require a mould with a deeply indented bottom. If you do not have such a mould, I think the best plan is to put a saucer or small shallow casserole at the bottom of a round mould and pile the rice above it. But turn it out carefully. Or, of course, you can

carefully press an indentation into the rice mould with a spoon after it has been set and turned out.

6 oz rice	1 lb wild or garden
2 pints milk	strawberries
pinch of salt	$\frac{1}{2}$ pint thick cream
sugar to taste	1-2 tablespoons Maraschino
vanilla bean or flavouring	1-2 tablespoons Kirsch
glass white wine	

Bring the milk to the boil, add the vanilla bean, then the rice, and cook until soft. Stir in the sugar. If all the milk is not quite absorbed, pour this off. Remove the vanilla bean. Turn the rice into a mould and leave to cool. When quite cool put into a refrigerator to chill. Turn out.

Hull and clean the strawberries and leave for a while soaking in the wine. Choose two-thirds of the strawberries, the best, and arrange these on top of the rice. Mash the remainder with the white wine, some sugar—not too much—the Maraschino and Kirsch. Rub this mixture through a fine sieve. Whip the cream with a little sugar until it is thick, then fold in the strawberry sauce. Beat until the cream is stiff again and a soft strawberry-pink colour. Pile the cream on top of the strawberries, chill and serve as cold as possible.

This quantity will serve between eight and ten people.

RICE AND STRAWBERRY MOULD (Italy)

<i>4 oz rice</i>	<i>2 beaten egg yolks</i>
<i>1 oz castor sugar</i>	<i>1 stiffly beaten egg white</i>
<i>1½ pints milk</i>	<i>1 cup whipped cream</i>
<i>2 teaspoons gelatine</i>	<i>about ½ lb sliced</i>
<i>juice one lemon</i>	<i>strawberries</i>

Dissolve the gelatine in the lemon juice and a little water. Cook the rice in the milk in a thick saucepan until it comes to the boil. Add the sugar, lower the heat, and cook very slowly until the rice is creamily soft. Stir from time to time to avoid burning. Add the gelatine and remove the pan from the heat. Pour a little of the mixture into the egg yolks, beat well, then return to the rice. Stir the rice (if you can over a bowl of ice) until it is quite cool, carefully add the egg white and, when this is completely blended into the rice, add the cream and strawberries. Turn the rice into a mould and let it set. Turn out to serve. Decorate with strawberries if you have sufficient.

It is an added refinement to soak the strawberries in white wine or liquor before using. Both this and the previous recipe, by the way, are meant to be made with wild strawberries, but either wild or garden strawberries may be used.

CREAMED RICE MOULD

6 oz rice	1 oz gelatine
1½ pints milk	½ pint heavy cream
vanilla bean or flavouring	1 sherry glass rum
3 oz sugar	(optional)
pinch of salt	almond oil

Cook the rice in boiling, salted water for 5 minutes, then put in a sieve and leave under running water until the grains separate. Put with the sugar, vanilla bean, rum and milk into a thick saucepan, and cook fairly slowly until very soft. Dilute the gelatine with water and stir into the rice. Remove the vanilla bean and leave the rice until it begins to set. At this point beat the cream until thick and carefully fold it into the rice. Brush a mould with almond oil or rinse it with cold water, and fill with the rice. Leave in a cold place until firmly set. Turn out on a round plate to serve.

You can serve almost anything with rice prepared in this manner—stewed fruit, soft fresh fruit such as raspberries or loganberries, red currants and whipped cream, jam, tinned peaches or apricots, or a simple fruit sauce. Or serve it unadorned, it is rich enough.

INDIVIDUAL RICE MOULDS

Prepare rice as for Creamed Rice Mould. Pack into almond-oiled dariole moulds and leave until set. Turn out, serve with a fruit sauce, and top each with whipped cream.

CREAMED RICE RING

Again the same recipe as for Creamed Rice Mould but this time the rice is put into a ring-form which has a large hollow centre. When it is turned out the centre should be filled with fruit, such as stoned cherries cooked in syrup, raspberries or fresh strawberries, apricots, peaches, etc.

RICE MOULD WITH
WHIPPED CREAM (*Germany*)

6 oz rice	4 oz sugar
1 pint milk	$\frac{1}{2}$ pint whipped cream
1 inch-piece vanilla bean	castor sugar
1 oz gelatine	

Cook the rice with the vanilla bean slowly in milk until very soft and creamy.

Mix the gelatine with enough water to soften, then stir into the hot rice. Add the sugar. Leave the rice to cool, remove the vanilla bean and stir in the whipped cream. Brush a jelly mould with milk and sprinkle it with castor sugar. Pour the rice mixture into this and leave in a cold place to set. Turn out carefully and serve with stewed gooseberries, rather tart cherries, or rhubarb.

RIZ HONGROISE

4 oz rice	2-3 oz crystallized or fresh fruit
$\frac{1}{2}$ pint boiling water	Kirsch
3 oz sugar	vanilla to taste
1 pint milk	$\frac{1}{2}$ pint thick cream

First clean the rice and cook for 5 minutes in the boiling water. Rinse under cold running water, thoroughly drain, and cook in the milk, with sugar and vanilla essence (or bean), stirring from time to time to prevent sticking, until very soft. Leave to cool.

Chop the fruit into fairly small pieces and soak for a while in Kirsch or an equivalent liqueur. Beat the cream until thick and mix with the cooled rice (leave some cream for garnishing). Then carefully add most of the fruit. You must avoid turning the rice into a mush. Pile into individual glasses, put into a refrigerator and leave until quite cold. Top with whipped cream and decorate with remaining fruit.

Fresh cherries soaked in brandy are to be recommended if neither candied fruit nor Kirsch is available. This is rather rich, but very good.

Enough for five or six people.

RICE-STUFFED PINEAPPLE

4 oz rice	2 pineapples
1 pint milk	2 tablespoons Kirsch or
$\frac{1}{4}$ — $\frac{1}{2}$ pint thick cream	Grand Marnier
2 oz sugar	

Cook the rice in boiling water for 5 minutes, drain and transfer to the milk (previously brought to the boil), with the sugar. Cook slowly until the rice is soft and the milk absorbed. Leave until really cold, then fold in the cream.

Slice the two pineapples lengthwise and carefully scoop out all the flesh, leaving a wall of about half an inch. Cut this flesh into small cubes and soak in Kirsch. Mix the rice and most of the pineapple cubes together and pile into the empty shells. Garnish with the remaining pineapple. If you have a few grapes, strawberries, raspberries or similar fruit to hand, use these as a garnish. Chill before serving.

Doubtless an extravagant recipe in England, and I confess I have only used it in pineapple-growing countries where it was a great success.

RUM-FLAVOURED RICE FRITTERS

6 oz rice	vanilla bean
1 pint milk	1 well-beaten egg
3 oz sugar	fine breadcrumbs
2 egg yolks	oil or fat for deep frying
1 small sherry glass rum	castor or brown sugar

Clean the rice and cook in the milk with the sugar and a small piece of vanilla bean until soft. Cool, remove the vanilla bean, beat in the egg yolks and the rum and spread the mixture thickly on a buttered or floured board. Leave until quite cold. Cut into finger-lengths of

about half an inch in width. Brush with beaten egg and carefully coat with breadcrumbs. Fry in very hot, deep fat until brown. Drain and serve very hot, sprinkled either with castor or brown sugar.

LEMON RICE CROQUETTES

<i>2 cups cooked cold rice</i>	<i>2 eggs</i>
<i>$\frac{1}{4}$ cup milk</i>	<i>fine breadcrumbs</i>
<i>1 oz brown sugar</i>	<i>fat for deep frying</i>
<i>1 tablespoon grated lemon rind</i>	

Beat the eggs separately—use one for mixing, the other for coating.

Mix the rice, milk, lemon rind, sugar and one egg together. Shape these into balls or cones and leave for about 30 minutes. Roll in breadcrumbs, then egg, and again breadcrumbs. Fry until brown in deep boiling fat.

Serve with brown sugar and butter. Sufficient for three or four people.

RICE WAFFLES (*America*)

<i>1 cup cold cooked rice</i>	<i>3 teaspoons baking powder</i>
<i>$1\frac{1}{2}$ cups milk</i>	<i>1 beaten egg white</i>
<i>1 cup sifted flour</i>	<i>3 oz melted butter</i>
<i>1 beaten egg yolk</i>	<i>pinch of salt</i>

Beat the egg yolk into the flour, add the milk and salt, and beat until the mixture is smooth. Add the butter and

rice, and when these ingredients are blended, fold in the egg white and the baking powder. The mixture must be of a thin batter consistency. Bake in a hot waffle iron until well puffed and delicately browned. Makes about eight waffles.

A very American recipe. If you have no waffle iron, you can use the mixture for pancakes or griddle cakes.

Serve with syrup, preferably Canadian maple, or a mashed fruit sauce.

Americans also eat waffles for breakfast with bacon, sausages or mushrooms.

RICE AND APRICOT LOAF (*America*)

This recipe can be prepared with either tinned or good quality dried apricots.

<i>3 cups cooked rice</i>	<i>1 tablespoon cornflour</i>
<i>1 tin apricots</i>	<i>3 oz sugar</i>
<i>2 egg yolks</i>	<i>fine dry breadcrumbs</i>
<i>$\frac{1}{2}$ pint milk</i>	<i>pinch of salt</i>
<i>$\frac{1}{4}$ pint cream</i>	<i>butter</i>
<i>almond flavouring to taste</i>	

Mix the sugar, salt and cornflour together. Beat the egg yolks with the milk. Mix these ingredients together and cook in the top of a double-boiler, over boiling water until thick. Stir all the time. Remove from the heat, beat, add the flavouring and the cream and finally the rice. Drain the fruit and thinly slice it.

Butter a loaf-shaped pan, sprinkle it liberally with breadcrumbs, then add a thick layer of rice, cover with a layer of sliced apricots, using half of them. Add another layer of rice, the remaining apricots, and the rest of the rice. Sprinkle again with breadcrumbs, and bake in a moderate oven for 40 minutes. Leave in the pan for about 15 minutes before turning out.

Serve sliced, rather thickly, and with a sauce or a custard.

If you are using dried fruit, cook it until soft, and drain thoroughly before using. If either the tinned or cooked apricots are too wet, the rice will become very soggy. A medium-sized tin of apricots is enough—but a small tin will also be sufficient if the apricots are really thinly sliced.

RICE CAKE (*France*)

8 oz rice	3 tablespoons ground
1½ pints milk	almonds
4 egg yolks	2-3 oz sugar
4 stiffly beaten egg whites	vanilla extract or bean
4 oz butter	

Cook the rice in the milk until soft. Add the vanilla extract or bean at the same time as the rice. (If using the bean remove this before mixing the rice into the cake mixture.)

Beat the butter to a cream, add the egg yolks, one at a time, beating vigorously after each inclusion. You should beat for at least 5 minutes to get the right consistency.

Add the sugar and almonds, beating all the while, and finally the rice. Fold in the egg whites, and pour this mixture into a buttered cake-tin. Place in another tin half filled with boiling water and bake in a moderate oven for about 1 hour. Unmould, and serve with a fruit sauce or whipped cream.

RICE BUNS

<i>1 cup cooked rice</i>	<i>2 cups sifted flour</i>
<i>2 well-beaten eggs</i>	<i>3 oz sugar</i>
<i>1 cup milk</i>	<i>grated rind of one lemon</i>
<i>2 tablespoons butter</i>	

Cream the butter and sugar together. Add the beaten eggs and the flour a little at a time. When these ingredients are thoroughly mixed, add the lemon rind and the rice, and enough milk to form a mixture of almost batter consistency. Three-quarters fill into patty tins and bake in a medium oven until the buns are brown. Cool on a wire tray and serve in a napkin.

This quantity makes about two dozen medium-sized buns.

RICE MUFFINS (*America*)

These are not muffins as we know them, but rather more like our home-made buns, or small cakes.

<i>1 cup cooked rice</i>	<i>2 well-beaten eggs</i>
<i>1 cup milk</i>	<i>pinch of salt</i>
<i>1 oz sugar</i>	<i>1½ cups sifted white flour</i>
<i>2 oz melted butter</i>	<i>2 teaspoons baking powder</i>

Put the rice into a mixing bowl. Add the milk, stir well, and add the sugar, butter, eggs and salt. Beat well, gradually adding the flour as you beat. When you have a batter mixture, sprinkle the baking powder over it and lightly mix into the batter. Pour this into greased patty tins and bake in a moderate oven for about 30 minutes.

Adding the baking powder last and folding it gently into the batter is the 'secret' of these 'light-as-a-cloud muffins', says my American friend.

RICE TARTS (*Belgium*)

FILLING:

<i>1 cup rice</i>	<i>1 tablespoon rose-water</i>
<i>5 cups milk</i>	<i>½ cup whipped cream</i>
<i>½ cup sugar</i>	<i>small piece vanilla bean</i>
<i>3-4 beaten egg yolks</i>	<i>3 oz butter</i>
<i>3-4 stiffly beaten egg whites</i>	<i>pinch of salt</i>

Thoroughly wash the rice and drain in a colander. Put the milk, sugar, vanilla bean, salt, and the rice in the top of a double-boiler. Cook over boiling water for about 40 minutes, or until the rice is tender. Remove the vanilla bean. Cool the rice, then add the egg yolks, butter, rose-

water, the whipped cream and, finally, fold in the egg whites.

PASTRY:

<i>1 lb flour</i>	<i>a little grated lemon rind</i>
<i>6 oz butter</i>	<i>1 tablespoon sugar</i>
<i>2 beaten egg yolks</i>	<i>pinch of salt</i>

Mix the sugar, lemon rind, salt and flour in a large basin. Add the butter by flaking it into the bowl. Mix with the finger-tips until the mixture is crumbly, add the egg yolks, and enough water to make a firm dough. With very cool hands knead the pastry quickly, and roll out on a floured board to about the thickness of an eighth of an inch. Grease twelve fairly deep patty tins and line these with pastry. Crimp the edges. Fill with the rice mixture and bake in a moderate oven until the pastry is a golden brown.

LEFT-OVER RICE AND FRUIT FRITTERS

The Germans call these 'housewife fritters', and they are made simply by mixing left-over rice with soft fruit and sufficient beaten egg to bind the mixture. This is then dropped into boiling fat a tablespoon at a time and fried until brown. They can be served with brown sugar or any type of sweet sauce.

RICE AND FRUIT CREAM

<i>2 cups rice, cooked until very soft</i>	<i>sugar to taste</i>
<i>1 heaped cup stewed fruit</i>	<i>1 oz gelatine</i>
	<i>$\frac{1}{2}$ cup thick cream</i>

Dissolve the gelatine in about two tablespoons of water, then stir into the stewed fruit which should still be hot. Add the rice and sugar, how much of the latter depends on the sweetness of the fruit, mix these ingredients thoroughly, then fold in the whipped cream. Pour into a rinsed mould and leave in a cold place until firmly set. Turn out to serve.

FILIPINO BOMBS

A very European type of recipe. In the Philippines there are hundreds of different ways of cooking rice, and just as many different types of rice. Few of the Filipino recipes can be brought to Britain, for we lack not only the variety in our rice, but also many of the delicious ingredients with which their rice is cooked.

<i>1 cup rice</i>	<i>1 teaspoon vanilla</i>
<i>1 cup flour</i>	<i>flavouring</i>
<i>2 beaten eggs</i>	<i>2 teaspoons baking powder</i>
<i>6 tablespoons coconut cream</i>	<i>pinch of salt</i>
<i>or fresh cream</i>	<i>fat or oil for deep frying</i>

Cook the rice in water until very soft. Drain and leave it

to cool. Mix the flour with a little salt, sift it once or twice, add to it the eggs, and beat well. Add the coconut cream, the flavouring, rice, and, when the mixture is smooth, fold in the baking powder.

Heat the fat or oil to boiling point. Drop the rice mixture into this a tablespoon at a time. When the 'bombs' are brown, remove them with a perforated spoon. Drain and serve with sugar or a fruit sauce (*see page 250*).

XII
SAUCES

CREOLE SAUCE

<i>2 oz butter</i>	<i>1 tablespoon sliced green</i>
<i>1 small finely chopped onion</i>	<i>olives</i>
<i>1 small finely chopped green</i>	<i>2 oz chopped mushrooms</i>
<i>pepper</i>	<i>salt and pepper</i>
<i>6-8 peeled and chopped</i>	<i>sherry to taste</i>
<i>tomatoes</i>	

Heat the butter, lightly fry the onion and pepper until soft but not browned. Stir in the tomatoes, cook until these are very soft, add the olives, mushrooms and the seasonings. Cook gently for several minutes, or until the mushrooms are cooked. Add sherry to taste—about a sherry glass full—simmer a minute or two longer, then serve. This makes about two cups of sauce.

If you do not have any sherry, or would like to try another flavour, use a teaspoon of Angostura bitters and, if you would like to have a hot flavour, add also a few drops of tabasco sauce, if available.

TOMATO SAUCE FROM TINNED TOMATOES (*American*)

<i>1 large tin tomatoes</i>	<i>2 oz butter</i>
<i>1 small sliced onion</i>	<i>1 oz flour</i>
<i>2 cloves</i>	<i>$\frac{1}{2}$ teaspoon sugar</i>
<i>salt and pepper</i>	<i>lemon peel</i>
<i>1 bayleaf</i>	<i>$\frac{1}{4}$ pint thick cream</i>
<i>1 sprig parsley</i>	

Put the tomatoes into a saucepan with the onion, cloves, salt, pepper, bayleaf, parsley, and cook for 15 minutes. Rub through a sieve.

Heat the butter, stir in the flour, then transfer the tomato sauce to this pan and continue to cook slowly for 15 minutes. Add the sugar, a small piece of lemon peel, and finally the cream.

Serve hot.

TOMATO AND CHEESE SAUCE

<i>3 fairly ripe tomatoes</i>	<i>$\frac{1}{4}$ pint dry white wine</i>
<i>2 oz butter</i>	<i>$\frac{1}{2}$ pint milk</i>
<i>1 oz flour</i>	<i>2 cups grated Cheddar</i>
<i>1-2 crushed cloves garlic</i>	<i>cheese</i>
<i>a little dried sweet basil</i>	<i>2 beaten eggs</i>
<i>(if available)</i>	<i>cream</i>
<i>pepper</i>	

Drop the tomatoes into boiling water to remove their

skins easily. Cut into very small pieces, discarding the seeds and hard core.

Heat the butter, add the flour, and simmer gently until well blended. Add the garlic and the basil, then the tomatoes. Cook very slowly until the tomato pulp is soft and creamy. Add the pepper, the wine and then the milk. Stir these ingredients thoroughly before adding the cheese. When this melts, add the eggs—stirring all the while—and, if available, add a little thick cream. Stir over a very low heat for another 5 minutes, and when the sauce is thick and very smooth, serve it hot with rice.

RICE AND ONION SAUCE

2 lb onions

butter

salt to taste

pinch of sugar

1 pint white stock

4 oz rice

cream

Scald the onions and cut into small pieces. Heat two ounces of butter and simmer the onions until soft, but without letting them change colour. Sprinkle with salt, and a pinch of sugar, add the stock and bring to the boil. Add the rice, cook quickly for 5 minutes, then gently for about 1 hour. Rub the sauce through a sieve and return to the pan. Slowly re-heat, add about half a cup of thick cream and one or two ounces more of butter. Stir until all the ingredients are blended and the sauce is hot.

GROUND RICE AND PEANUT BUTTER SAUCE

A truly Eastern sauce, at its best when eaten with *saté*, that is, pieces of chicken speared on to thin sticks of bamboo and grilled over a glowing charcoal fire. When grilled, the chicken is dipped into the sauce and the result is delicious. The cracklings can be omitted—this is a Filipino refinement.

<i>4 oz ground rice</i>	<i>2 finely chopped onions</i>
<i>2 pints chicken stock</i>	<i>handful crisp pork</i>
<i>4 oz peanut butter</i>	<i>cracklings</i>
<i>2 tablespoons butter or lard</i>	<i>salt to taste</i>
<i>1-2 cloves garlic</i>	

Mix the ground rice with some of the cold chicken stock to a paste. Add the peanut butter. Bring the remaining stock to the boil and gradually stir in the paste. Simmer. Heat the butter, lightly fry the garlic and onions, add the cracklings, season with salt and, when the onions are brown, stir everything into the simmering sauce. Bring once more to the boil, lower the heat, and simmer over a medium heat until you are satisfied with the texture. It should be fairly thick, yet of pouring consistency.

CHEESE SAUCE

<i>6 oz grated cheese</i>	<i>3-4 well-beaten egg yolks</i>
<i>$\frac{1}{2}$ pint milk</i>	<i>salt and pepper</i>

Soak the cheese in the milk for about 2 hours, then put into a double saucepan and cook over boiling water until the cheese melts. Gradually stir in the egg yolks, add salt and pepper, and cook until the sauce is thick. If it is too thick, or you would like to have a slightly richer flavour, add a tablespoon or so of cream.

Can be served with boiled rice or risotto and with some pilaus as well. The cheese should have a sharp, tangy flavour if the sauce is to be good. Processed cheese will not make the same quality sauce.

MUSHROOM SAUCE

2 oz butter

2 oz flour

1 pint boiled cold milk

4-6 oz sliced mushrooms

salt and pepper

Heat but do not boil the butter. Add the flour and stir well into the butter. When this mixture begins to bubble, gradually pour in the milk, stirring all the while. When the sauce is thick, beat until creamy. Add the mushrooms—fresh or tinned—salt and pepper, and continue cooking, over boiling water, for about 30 minutes.

SHERRY CREAM SAUCE

1 cup thick cream

$\frac{1}{2}$ cup sherry

Bring the cream just to boiling point and stir in the sherry. Serve at once.

LEMON BUTTER

For use with sweet rice dishes or plain boiled rice.

3 oz *fresh, not salted, butter* $\frac{1}{2}$ cup *water*
3 oz *sugar* *juice and rind 3 lemons*
4 *beaten eggs*

Cream the butter and sugar together until light and almost fluffy. Add the eggs and, still beating vigorously, the water, lemon juice and rind. Cook in the top of a double-boiler over boiling water until thick.

BUTTER SAUCE

$\frac{1}{2}$ cup *white sugar* *vanilla to taste*
1 oz *flour* 2 oz *butter*
2 cups *boiling water*

Mix the sugar with the flour, then very gradually add the boiling water, stirring all the time to prevent lumps from forming. Put this mixture into the top of a double-boiler, add flavouring, and cook until it thickens. Stir in the butter and continue to stir until it is melted. Serve hot.

MASHED FRUIT SAUCE

Mash one cup of soft fruit with an equal quantity of sugar. Beat until frothy, add the beaten white of one egg,

and continue beating. Serve while the sauce is still frothy.

Can be made with raspberries, strawberries, blackberries, or even bananas, although I do not recommend a banana sauce with rice—the flavour, I feel, is not quite strong enough.

BROWN SUGAR SAUCE

A memory from childhood.

1 Beat about an ounce of butter until soft, add four or five tablespoons of brown sugar, and continue to beat until well blended.

2 A more elaborate method.

Cream two ounces of fresh butter with four ounces of brown sugar. Add about a quarter of a pint of thick cream and vanilla flavouring to taste.

Any type of brown sugar may be used in this recipe, but I prefer to use soft brown sugar when it is available.

JAM SAUCE

Simply make plenty of jam very hot in a saucepan until thin enough to pour or ladle. You can add a little boiling water, but if too much of this is added the sauce becomes tasteless.

SUGAR-SYRUP

2 cups white granulated sugar *2 cups water*

Boil sugar and water together for 10 minutes, or until the sugar is completely dissolved. Can be used straightaway, or allowed to cool and stored in jars.

EGG AND LEMON SAUCE (*Turkey*)

1 tablespoon flour *salt and pepper*
2 tablespoons lemon juice *1 beaten egg yolk*
1 cup hot stock

Mix together the flour, lemon juice, salt and pepper. Stir this into the hot stock and bring to the boil, by which time it will be slightly thickened. Now pour the mixture into the beaten egg and stir over a low fire until it is thicker still. On no account allow it to boil in case it should curdle.

LEMON AND MUSTARD SAUCE

(*Turkey*)

Squeeze the juice of two lemons into a bowl. Pour in double the quantity of olive oil to lemon juice, add salt, pepper, a teaspoon of dried mustard and two cloves of

chopped garlic. Stir thoroughly with a wooden spoon. Strain through a sieve and then sprinkle in a little chopped parsley.

Useful with fritters.

GROUND RICE SAUCE

The Australians make a Christmas pudding in which they use ground rice instead of flour—otherwise the ingredients are as usual. With it they often serve this sauce.

2 oz ground rice
1 tablespoon sugar
pinch of salt
 $\frac{1}{2}$ pint milk

vanilla essence
a little butter
fresh thick cream

Mix the ground rice with sugar, salt and milk, and simmer for 15 minutes. Add vanilla essence to taste and take from the heat. Beat the mixture vigorously, adding, as you beat, a little butter and as much fresh cream as you feel the sauce requires.

YOGHOURT SAUCE (*Turkey*)

Beat yoghurt (as required) well with a wooden spoon and season with salt and pepper. Mix in vegetable or meat stock to thin the yoghurt and serve as a sauce over hot vegetable dishes or ragouts.

Tomato purée is often added, but this is a matter of individual taste and, in any case, it should only be enough to colour the yoghurt.

XIII

GROUND RICE DISHES

GROUND RICE PUDDING WITH ROSE-WATER (*Turkey*)

In the 'old days' the finest rose-water was imported from Bulgaria, from roses grown in possibly the most fragrant gardens in the world. In even older days, in England, we too used to flavour our cakes and puddings with rose-water. But with the passing of time this delicate flavouring has been superseded by harsher synthetic essences, and this has been, I think, a loss to English cooking.

4 oz *ground rice*
1½ *pints milk*
4 oz *castor sugar*

rose-water
ground pistachios and
almonds

Mix the rice with a little of the milk to make a paste. Stir this back into the milk and cook slowly in a heavy pan until the mixture thickens. Add the sugar and half a cup of rose-water, stir, then take the pan from the fire and beat the mixture for a good 5 minutes. Pour into a rinsed mould—I use rose-water to rinse the mould—and leave until firmly set and cold. Turn out to serve. Sprinkle with rose-water, castor sugar, pistachios and almonds. Or pour the hot rice into a shallow dish, leave to cool and cover one half with green ground pistachios and the other half with ground almonds. Serve castor sugar and rose-water separately.

A really delicious sweet, simple to prepare and exotic in flavour and appearance.

GROUND RICE MOULD OF CHICKEN BREASTS (*Turkey*)

4 oz ground rice	1½ pints milk
1 good-sized chicken breast (boiled and hot)	4 oz castor sugar

Trim the breast, cutting away any sinews and skin, and pound with a kitchen mallet until the meat is literally torn to shreds. Take between the palms of the hands and roll into a ball. Leave in a bowl of cold water.

Mix the ground rice with enough milk to make a paste. Stir this into the milk, bring once to the boil, then simmer for about 10 minutes. Add the sugar and continue cooking until the rice is thick. Take the ball of chicken from the bowl and dry it. Gradually mix the ground rice mixture into the chicken until you have a smooth consistency. It takes quite a time. Put this mixture into small bowls and sprinkle with ground nuts. Serve cold. This is one of the specialties of the Turkish kitchen but rather bothersome to make, although pleasant to eat.

GROUND RICE MOULD

6 tablespoons ground rice	2-3 tablespoons blanched and chopped almonds
2 pints milk	
1 inch-piece cinnamon	1-2 tablespoons chopped glacé cherries
small piece vanilla bean	
grated rind one lemon	

Mix the rice with cold water to a thin paste. Bring the milk with the cinnamon and the vanilla bean to the boil and simmer for 3 minutes. Pour some of the boiling milk into the rice paste, then return this to the pan and cook, preferably over boiling water. Stir until the mixture begins to thicken, then add the lemon rind and almonds, and continue cooking for at least 30 minutes, until the rice is thick and creamy. Add the cherries, pour the mixture into a wet mould and leave until cold. Unmould, and serve with cream or a fruit sauce.

If the pudding seems too thick, add cream or more milk. Usually I briskly beat all such puddings before putting into a mould. Brushing a mould with almond oil instead of water adds to the flavour of the pudding.

GROUND RICE ALMOND CAKE

<i>4 oz ground rice</i>	<i>3 drops almond essence</i>
<i>3 oz flour</i>	<i>3 oz castor sugar</i>
<i>4 oz butter</i>	<i>2 egg yolks</i>
<i>3 drops vanilla essence</i>	<i>2 stiffly beaten egg whites</i>

Cream the butter and sugar together. Add the egg yolks and beat to a cream. Sift the ground rice and flour together and beat into the cream. Add the flavourings and fold in the egg whites. Turn into a greased cake-tin and bake in a moderate oven for about $1\frac{1}{2}$ hours.

GROUND RICE GINGER CAKE

8 oz <i>ground rice</i>	6 oz <i>castor sugar</i>
4 oz <i>flour</i>	4 <i>eggs</i>
5 oz <i>butter</i>	3 oz <i>preserved ginger</i>

Cut the ginger into small pieces. Beat the butter and sugar to a cream, sift the flour and ground rice together, and add these gradually, alternating with the eggs. Beat until the mixture is of a cake-batter consistency, add the ginger, and pour into a buttered cake-tin. Bake in a moderate oven for $1\frac{1}{2}$ hours.

GROUND RICE AND ARROWROOT

(Thailand)

$\frac{3}{4}$ cup <i>rice flour—ground</i> <i>rice</i>	$\frac{3}{4}$ cup <i>arrowroot</i>
3 <i>tablespoons rice flour</i>	12 <i>water chestnuts</i>
2 cups <i>granulated sugar</i>	2 cups <i>coconut milk</i>
2 cups <i>scented water</i>	<i>salt</i>

This recipe is given rather more for its interest than its practicability.

Mix the three-quarters of a cup of rice flour, arrowroot and sugar together. Stir in the scented water and rub through a sieve. Cut the water chestnuts into small pieces and add them to the mixture, then put the whole into a saucepan and cook slowly over a slow fire (or over

boiling water) until the mixture is thick enough to hold its shape. Invert, when set, on to a shallow dish.

With the remaining rice flour and coconut milk make a sauce. Stir the two ingredients together, add a pinch of salt, and bring slowly to the boil. Continue to cook, stirring all the while, until the mixture is fairly thick but of a pouring consistency. Pour this over the pudding.

Scented water is obtained in Thailand by floating edible aromatic flowers in water overnight. I think that rose-water or orange flower-water might be used in Britain. Water chestnuts are obtainable in tins.

My recipe is from the Princess Siphen Sonakul of Thailand who gave me permission to use it.

GROUND RICE PUDDING WITH NUTS

This recipe comes from Turkey and is called there 'The Poor Man's Bowl', but it would have to be for a fairly well-off 'poor man'. It is rather unusual for a Turkish recipe because of its use of coconut, which is not indigenous to Turkey.

3 oz <i>ground rice</i>	6 oz <i>ground almonds</i>
4 oz <i>castor sugar</i>	1½ <i>pints milk</i>
3 oz <i>grated coconut</i>	<i>finely chopped pistachio nuts</i>

Mix the rice with a little of the milk to make a paste. Stir this back into the milk. Add the ground almonds and coconut, and cook for 15 minutes over a medium heat,

stirring all the while. Add the sugar and continue to cook and stir until the mixture is quite thick. Rub through a sieve and pour into small individual bowls. Leave to cool, then sprinkle with the chopped pistachio nuts.

Personally I prefer not to rub it through a sieve, as I like the slightly rough texture of the almonds and coconut.

NOTES AND INDEX

ALMOND OIL : Fine grade, fairly expensive, oil. Use instead of water for easing puddings and jellies out of moulds. It leaves a slight, almost haunting flavour of almonds.

BREADCRUMBS : Preferably make your own for reasons of both taste and appearance.

BUTTER : Although many recipes call for butter, use your own discretion and decide on your own substitute. We all have our own preferences.

CARDAMOM SEEDS : Called in the Orient 'the seeds of Paradise'. They come from a plant of the ginger family, are small and brown, enclosed in creamy white pods resembling orange pips. They are said to be stimulating as well as antiseptic.

CINNAMON : Can be bought both powdered or in quill-like rounds. Both varieties should be in the kitchen cupboard. About one inch of the cinnamon stick is sufficient to give a good flavour. It should always be removed before serving the dish which it flavours.

COCONUT MILK OR CREAM : Break a coconut and scoop out all the flesh. Grate this into a bowl and pour over it one breakfast cup of boiling water. Leave for 20 minutes. Squeeze all the liquid out of the coconut—either with your hands or through a fine wire sieve or piece of muslin. The first squeezing or infusion gives a thick milk. For a thinner milk, repeat the process. If a

recipe calls for a third infusion, it can be done. Keep each infusion apart. The grated coconut has no further use once its flavour and liquid have been squeezed out. If the first infusion is left for a while in a refrigerator a thick cream will form on the top. This is quite delicious.

CORIANDER: Aromatic seeds used a great deal in the Orient for flavouring pilaus, curries, stews and similar dishes. Can be bought powdered.

COURT-BOUILLON: Usually a mixture of wine or mild vinegar and water, flavoured with herbs and used for poaching or boiling fish.

CREAM: Should be used for sweet dishes if possible, otherwise, use your favourite substitute.

CUP MEASUREMENTS: By this I mean one cup equals a standard half pint measure. A large breakfast cup does equally well, but it is essential that for all measurements the same size of cup is used.

CURRY POWDER: The best curry powder is made at home by mixing the required spices, but for the recipes given in this book, good quality commercial curry powder is sufficient.

CURRY SAUCE: See above, same rule applies.

DARIOLE: A small cup-shaped mould.

DILL : An annual herb resembling fennel in leaf and flavour. Not greatly used in England except in some fish dishes and in the manufacture of gin.

GELATINE : Always follow manufacturers' instructions.

MEAT CUBES : Failing stock, use meat cubes, diluted according to manufacturers' instructions.

ONIONS : These are used in considerable quantities in many of the recipes. Use your own discretion and remember onions vary in flavour and strength.

PAELLA PAN : An oval metal pan with a handle at each end.

PEPPERS OR CAPSICUMS : These are nowadays usually available. Whether they are red, green or yellow makes no difference. Sometimes they are hot and at other times they are mild and even sweet. The very small red peppers, or chilli peppers, are usually very hot. Always remove the core and seeds before cooking or serving in salads. The seeds are very hot as a rule.

RICE PAPER : Has nothing to do with rice. It is made from the pith of a small tree which grows in the swampy forests of Formosa.

RICE WATER : This can be used as a basis for soups and should not be thrown away.

SAFFRON : Usually fairly expensive. A colouring matter procured from dried stigma of the crocus flower. The best quality comes from Spain and France, although there is plenty of saffron grown in other parts of the world.

SOYA BEANS : These nutritious beans are native to China and Japan. There are several varieties and these form an important part of the Chinese diet.

TOMATOES : Always remove the seeds and the core before using. If the peel is to be removed, simply steep the tomatoes in boiling water and the peel comes off like a glove.

TURMERIC : Fleishy root stalk containing a bright yellow dye and a principal ingredient in many Oriental dishes. Used in its root form as well as powdered. Turmeric colours the ingredients with which it is cooked and gives a slightly resinous flavour. In India turmeric is held to have antiseptic qualities and is also regarded as an auspicious herb.

VANILLA BEAN : A long brown bean and a member of the orchid family. It has a delicate flavour and the bean can be used again and again. If you put one or two small lengths of bean into some sugar this will, after a short while, take on some of the vanilla flavour and can be used in sweet dishes requiring a vanilla flavour. A piece about one inch is usually enough to flavour any dish.

WHITE STOCK: By this I mean a strained stock which has been made with chicken, veal or lamb—even mutton provided the result is light.

★ ★ ★

1 cup of raw rice makes three cups of cooked rice.

1 standard measure is half a pound of rice.

1 large breakfast cup is half a pound of rice.

I have preferred not to change measurements but to give them as they came to me. Measuring rice by the cup is simple enough.

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